



# 2025 Spring Schedule April 1<sup>st</sup> - June 1<sup>st</sup>

|        | MON                   | TUES                     | WED                              | THURS                         | FRI                   | SAT                   | SUN                   |
|--------|-----------------------|--------------------------|----------------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|
| 530AM  |                       |                          | Hot Hatha**                      |                               |                       |                       |                       |
| 630AM  |                       | Hot Flow*                | Ashtanga*                        | Fusion*                       | Fusion*               |                       |                       |
| 700AM  |                       |                          |                                  |                               |                       | Hot Hatha***          | Hot Hatha**           |
| 730AM  |                       |                          |                                  |                               |                       | Flow*                 | Flow***               |
| 800AM  | 45min Free Meditation | 45min Free Meditation    | 45min Free Meditation            | 45min Free Meditation         | 45min Free Meditation | 45min Free Meditation | 45min Free Meditation |
| 9AM    | Hot Hatha**           | Sculpt Yoga*             | Hot Hatha**                      | Fusion*                       | Hot Hatha**           | Hot Hatha**           | Hot Hatha**           |
|        | Flow*                 |                          | Flow*                            |                               | Flow*                 | Flow**                | Flow**                |
|        |                       |                          |                                  |                               |                       |                       | Pre/Postnatal*        |
| 10AM   |                       | Elemental Yoga**         |                                  |                               |                       |                       |                       |
| 1030AM |                       | Gentle w/ Meditation**   | Gentle Yin**                     | Gentle**                      |                       | Gentle**              | Gentle w/ Nidra**     |
|        |                       |                          | Pre/Postnatal**<br>(10:15-11:45) |                               |                       |                       |                       |
| 11AM   |                       |                          |                                  |                               |                       | Sculpt Yoga*          |                       |
| NOON   | Fusion*               | Hot Hatha*               | Fusion*                          | Hot Hatha*                    | Fusion*               | Fusion*               | Fusion*               |
|        | Therapeutic Spine**   | Therapeutic Slow Flow*** |                                  | Therapeutic Spine**           |                       |                       | Elemental Yoga**      |
|        |                       | Gravity**                |                                  |                               |                       |                       |                       |
| 1:30PM |                       |                          |                                  |                               |                       | Elemental Yoga**      |                       |
| 400PM  | Hot Hatha*            |                          | Hot Hatha*                       | Sculpt Lite* 80°              | Silent Hot**          | Silent Hot***         | Gentle Yin w/Nidra*** |
|        | Therapeutic Gentle ** |                          | Slow Flow*                       |                               | Gentle*               |                       | Hot Hatha***          |
|        |                       |                          | Kids Yoga*                       |                               | Kids Yoga*            |                       |                       |
| 530PM  | Hot Hatha**           | Hot Hatha**              | Sculpt Yoga*                     | Hot Hatha**                   | Community Flow*       |                       |                       |
|        | Gravity**             | Elemental Yoga**         | Gravity**                        | Flow**                        | Sculpt Yoga*          |                       |                       |
|        | Flow Fire 90°         | Flow*                    | Rocket**                         |                               |                       |                       |                       |
| 600PM  | Restorative w/ MFR*** |                          | Yin Flow w/ Nidra***             | Gentle Restorative w/ Nidra** |                       |                       | Restorative w/ MFR*** |
|        |                       |                          |                                  |                               |                       |                       | Hot Hatha**           |
|        |                       |                          |                                  |                               |                       |                       | Mantra & Meditation*  |
| 700PM  | Gravity**             | Slow Flow**              | Gravity**                        | Fusion*                       | Warm Yin***           |                       |                       |
|        |                       |                          |                                  |                               |                       |                       |                       |
| 715PM  | Hot Hatha**           | Hot Hatha**              | Hot Hatha**                      | Silent Hot**                  | Hot Hatha**           |                       |                       |

Unheated 85° 95-105° Forest Room/Meditation Hall Orientation Video Required

\*60 Min \*\* 75 Min \*\*\*90 Min

Free guided meditation in our Meditation Hall daily, 8:00-8:45am.  
Reserve your next class using the MindBody App!