



2025 Summer Schedule June 1st - August 31st

	MON	TUES	WED	THURS	FRI	SAT	SUN
500AM			Hot Hatha**				
600AM	Free Meditation		Free Meditation		Free Meditation		
630AM		Hot Flow*	Ashtanga*	Fusion*	Fusion*		
700AM						Hot Hatha***	Hot Hatha**
							Flow***
730AM						Flow*	
800AM	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation
8:30AM		Functional Yoga***					
9AM	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Fusion*	Hot Hatha**	Hot Hatha**	Hot Hatha**
	Flow*		Flow*		Flow*	Flow**	Flow**
							Pre/Postnatal*
1030AM		<u>Gentle w/ Meditation**</u>	<u>Gentle Yin**</u>	<u>Gentle**</u>		<u>Gentle**</u>	<u>Gentle w/ Nidra**</u>
		Elemental Yoga**					Death & Dancing**** (begins 6/15)
11AM						Sculpt Yoga*	
NOON	Fusion*	Hot Hatha*	Fusion*	Hot Hatha*	Fusion*	Fusion*	Fusion*
	<u>Therapeutic Spine**</u>			<u>Therapeutic Spine**</u>			Elemental Yoga**
1:30PM						Elemental Yoga**	
400PM	Hot Hatha*		Hot Hatha*	Sculpt Lite*80°	Silent Hot**	Elemental Yoga**	<u>Gentle Yin w/Nidra***</u>
	<u>Therapeutic Gentle **</u>		<u>Slow Flow*</u>		<u>Gentle*</u>		Hot Hatha***
					Kids Yoga*		Yoga Tools for Recovery**
530PM	Hot Hatha**	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	<u>Community Flow*</u>		
	Flow Fire 90°**	<u>Flow*</u>	Gravity**	<u>Flow**</u>	Sculpt Yoga*		
	Free Meditation		Free Meditation	Free Meditation			
600PM	Restorative w/ MFR***		Yin Flow w/ Nidra***	Gentle w/ Nidra**	Gravity**		Restorative w/ MFR***
							Hot Hatha**
700PM		Slow Flow**		Fusion*	Warm Yin***		
715PM	Hot Hatha**	Hot Hatha**	Hot Hatha**		Hot Hatha**		

Unheated 85° 95-105° Forest Room/ Buddha Hall Orientation Video + Waiver Required *60 Min ** 75 Min ***90 Min

Underlined Classes = Optional Outdoor, weather permitting. Layers and sunscreen recommended.