



2026 Summer Schedule July 1st-August 31st

Subject to change, live schedule and booking through Mindbody browser or App!

	MON	TUES	WED	THURS	FRI	SAT	SUN
630AM	Meditation	Hot Flow*		Fusion*	Meditation		
700AM							Hot Hatha**
						Flow**	Flow**
800AM	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
830AM		Functional Yoga***					Pre/Postnatal***(8:45am)
9AM	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Fusion*	Hot Hatha**	Hot Hatha**	Hot Hatha**
	Flow*☼		Flow*☼		Flow*☼	Flow**☼	Flow**☼
						Open Sauna	Open Sauna
1030AM	Postnatal**	Gentle**☼		Gentle**☼	Gentle**☼	Gentle**☼	Gentle**☼
		Elemental **				Open Sauna	Open Sauna
11AM						Sculpt Yoga*	
NOON	Fusion*	Hot Hatha*	Fusion*	Hot Hatha*	Fusion*	Fusion*	Fusion*
	Gentle Spine**	Gravity**		Therapeutic Spine**		Open Sauna	Open Sauna
						Gravity**	
2PM						Sweat+Chill**	
400PM	Hot Hatha*		Hot Hatha*	Sculpt Lite*80°			Gentle Yin***☼
	Open Sauna		Slow Flow*☼		Silent Hot*		Hot Hatha***
			Open Sauna				
			Kids Yoga* (ages 5-10)		Gentle*☼		Yoga Tools for Recovery**
5PM	Open Sauna		Open Sauna				
530PM	Hot Flow**	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Community Flow*☼		
	Hot Hatha**	Flow*☼	Meditation	Align+Flow**☼	Sculpt Yoga*		
				Pre/Postnatal**			
600PM	Open Sauna	Restorative w/ MFR***	Yin Flow w/ Nidra***☼	Restorative w/ Nidra**	Gravity**		Hot Hatha**
	Meditation	Gravity**	Open Sauna				
	Yin+Nidra***						
700PM	Open Sauna	Slow Flow*☼	Open Sauna	Sweat+Chill**			
715PM	Sweat+Chill**		Hot Hatha**	Flow*☼	Hot Hatha**		
7:30PM					Meditation		

Unheated 85° 95-105° Forest Room/ Buddha Hall *60 Min ** 75 Min ***90 Min / Meditation 45 mins and FREE

☼ Optional Outdoor = 70° or warmer, please bring layers/sunscreen. Tent and sunshade provided.