



Weekly
Schedule

Monday

9:00 AM
Gentle Yoga
6:00 PM
75- minute
Intentional Flow

Tuesday

6:00 PM
Vinyasa yoga
Mixed levels

Wednesday

9:00 AM
Slow flow
6:00 PM
Vinyasa Yoga

Thursday

5:15 PM
Gentle
Yoga

Friday

9:00 AM
Slow flow

Saturday

8:00 AM
Vinyasa Yoga
9:15 AM
Slow Flow

Sunday

8:30 AM
Vinyasa
Yoga

