

YOGA SCHEDULE

MONDAY

6:30AM - 7:30AM	MOBILITY/TRIGGER POINT RELEASE WITH CARLY BELLE
8:30AM - 9:30AM	HOT POWER VINYASA WITH KATIE COLGATE
10:00AM - 11:00AM	ALL LEVELS YOGA WITH LAURI BUNTING
12:00PM - 1:00PM	YIN YOGA WITH VICTORIA ROPER
2:00PM - 3:00PM	ZEN ROLLER WITH SHANA BARRY
5:30PM - 6:45PM	HOT POWER FLOW WITH MARYAM EHSANI

TUESDAY

8:15AM - 9:15AM	SLOW FLOW WITH SANDI HAGEL
9:30AM - 10:30AM	ALL LEVELS WITH DANIELLE CARRUTH
12:00PM - 1:00PM	POWER FLOW VINYASA WITH MARYAM EHSANI
2:00PM - 3:00PM	YIN RESTORATIVE WITH CATHIE CACCIA
4:00PM - 5:00PM	GUIDED MEDITATION WITH RYAN REDMAN
5:30PM - 6:30PM	POWER FLOW VINYASA WITH MARYAM EHSANI

WEDNESDAY

8:00AM - 9:00AM	QI GONG WITH CAL MILLAR
9:30AM - 10:30AM	ALL LEVELS WITH MEGAN MCCANN
12:00PM - 1:00PM	HOT POWER HOUR WITH BRENDA POWELL
4:00PM - 5:00PM	GENTLE YOGA WITH TYIA WILSON
5:30PM - 6:45PM	HOT POWER FLOW WITH MARYAM EHSANI

YOGA SCHEDULE

THURSDAY

9:30AM - 10:30AM ALL LEVELS HATHA WITH ROTATING INSTRUCTOR

FRIDAY

7:30AM - 8:30AM WARM FLOW WITH ROTATING INSTRUCTOR

9:30AM - 10:30AM ALL LEVELS WITH BRENDA POWELL

12:00PM - 1:00PM HOT POWER HOUR WITH ROTATING INSTRUCTOR

3:30PM - 4:30PM RESTORATIVE WITH TYIA WILSON

SATURDAY

8:30AM - 9:30AM HOT POWER FLOW WITH ROTATING INSTRUCTOR

11:00AM - 12:00PM WARM GENTLE WITH TYIA WILSON

SUNDAY

9:30AM - 10:30AM ALL LEVELS HATHA WITH TYIA WILSON

3:00PM - 4:15PM HOT POWER FLOW WITH ROTATING INSTRUCTOR

5:00PM - 6:00PM RESTORATIVE WITH ROTATING INSTRUCTOR