

MON**TUE****WED****THU****FRI****SAT****SUN**

7:30 AM
**Himalayan
 Vinyasa**
 All Levels
Liza

7:30 AM
**Ashtanga
 Vinyasa**
 All Levels
Casey

7:30 AM
**Himalayan
 Vinyasa**
 All Levels
Liza

7:30 AM
**Ashtanga
 Vinyasa**
 All Levels
Casey

9:30 AM
**Aerial
 Restorative**
 Level 1
Susan

9:30 AM
**Vinyasa
 360**
 Level 2
Mano

9:30 AM
Hatha Yoga
 All Levels
Mano

9:30 AM
**Vinyasa
 360**
 Level 2
Mano

9:30 AM
**Jivamukti
 Yoga**
 All Levels
Ganapati

9:30 AM
**Himalayan
 Vinyasa**
 Open Levels
Liza

9:30 AM
Vinyasa
 All Levels
Mano

11:30 AM
Slow Flow
 All Levels
Barbara

12 PM
Aerial Yoga
 All Levels
Anzhela

11:30 AM
Kundalini
 All Levels
Adriana

11:30 AM
Vinyasa
 All Levels
Tejasa

11:30 AM
Kundalini
 All Levels
Adriana

11:30 AM
Aerial Yoga
 All Levels
Ganapati

11:30 AM
Yin BLISS
 All Levels
Maye

6:15 PM
Hatha
 All Levels
Madeline

6:15 PM
Vinyasa
 All Levels
Madeline

6:15 PM
**Qigong
 Breathing &
 Meditation**
Mano

6:15 PM
Slow Flow
 All Levels
Barbara

6 PM
Aerial Yoga
 All Levels
Susan

7:30 PM
Vinyasa
 All Levels
Mano

7:30 PM
**Restorative
 & Soundbath**
 All Levels
Adriana

7:30 PM
Vinyasa
 All Levels
Madeline

7:30 PM
**Restorative
 & Soundbath**
 All Levels
Adriana



8 PM
**Meditation
 & Soundbath**
 All Levels
Kateryna

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