

MON	TUE	WED	THU	FRI	SAT	SUN
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9:30 AM
Yoga
Calisthenics
Dana

11:30 AM
Somatic Flow
Open Level
Foreste

5 PM
Breathing &
Meditation
Claudia

6:15 PM
Hatha
Open Level
Madeline

7:30 PM
Vinyasa
Open Level
Mano

9:30 AM
Vinyasa 360
Level 2
Mano

11:30 AM
Vinyasa
Open Level
Giuliana

5 PM
Vinyasa
Level 1
Vanny

6:15 PM
Qigong, Breath &
Meditation
Yelyzabeta

7:45 PM
Restorative &
Soundbath
Adriana

9:30 AM
Hatha Yoga
Open Level
Dana

11:30 AM
Kundalini
Open Level
Adriana

5 PM
Pilates
Open Level
Dana

6:15 PM
Aerial
Open Level
Anzhela

7:30 PM
Power
Open Level
Dana

9:30 AM
Vinyasa 360
Level 2
Mano

11:30 AM
Chill Flow
Open Level
Giuliana

5 PM
Hatha
Level 1
Victoria

6:30 PM
Vinyasa
Open Level
Madeline

7:45 PM
Restorative &
Soundbath
Adriana

9:30 AM
Yoga
Calisthenics
Ganapati

11:30 AM
Kundalini
Open Level
Adriana

5 PM
Restorative &
Soundbath
Foreste

6:15 PM
Aerial
Open Level
Susan

Special Events
Monthly
Check online

9:30 AM
Yoga
Calisthenics
Ganapati

11 AM
Aerial Yoga
Open Level
Ganapati



9:30 AM
Vinyasa
Open Level
Mano

11:30 AM
Kundalini Reset
Open Level
Angie

7:30 PM
Restorative &
Soundbath
Angie

PRICING

New Student Special

6 classes (2 weeks) \$85

One Time Options

Single Class \$35

5 Classes (5 weeks) \$160

10 Classes (10 weeks) \$300

3 Month Membership

4 Classes/ Month \$110

8 Classes / Month \$200

16 Classes / Month \$300

6 Month Membership

4 Classes/ Month \$100

8 Classes / Month \$180

16 Classes / Month \$280

Special Discounts

Seniors & Students

Discounted drop in: \$25