



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule April 2021

S	M	T	W	T	F	S
10–11am Power/Yin IN-STUDIO & VIRTUAL	9–10am Slow & Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9:15–10:30am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9–10am Hatha Flow IN-STUDIO & VIRTUAL
APRIL 25TH 4:00–6:00pm Drag Queen Yoga DRAG ME TO BOOTCAMP with Bak Lava IN-STUDIO	6–7pm Power Flow IN-STUDIO & VIRTUAL	12–1pm Hatha Flow IN-STUDIO & VIRTUAL	5:30–6:30pm Hot Hatha IN-STUDIO & VIRTUAL	6–7pm Slow & Flow IN-STUDIO & VIRTUAL	6–7pm Flow & Relax IN-STUDIO & VIRTUAL	10:30–11:30am Power Yin IN-STUDIO & VIRTUAL
		5:30–6:30pm Flow IN-STUDIO & VIRTUAL	7–8pm Warm Slow & Flow IN-STUDIO & VIRTUAL			APRIL 10TH 2:00–4:00pm INVERSIONS & ARM BALANCES with Andre Sur IN-STUDIO
		7–8pm Slow & Flow IN-STUDIO & VIRTUAL				

New Yogi Special
\$25 for 3 Classes

Online registration only.

Masks are required for entering and moving about the studio.

For everyone's safety, class sizes are limited to 10 people.

Please bring your own mat.

We have mats & props for sale at a discounted price if needed.