



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule June 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 12–1pm Hatha Flow IN-STUDIO & VIRTUAL 5:30–6:30pm Flow IN-STUDIO & VIRTUAL 7–8pm Slow & Flow IN-STUDIO & VIRTUAL	9:15–10:30am Flow IN-STUDIO & VIRTUAL 5:30–6:30pm Hot Hatha IN-STUDIO & VIRTUAL 7–8pm Warm Slow & Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 6–7pm Slow & Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 6–7pm Flow & Relax IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 10:30–11:30am Power Yin IN-STUDIO & VIRTUAL June 5TH 7:30–9:00pm FLOW & GLOW with Amanda Riker IN-STUDIO June 19TH 2:00–4:30pm GOOD STRETCH with Rissa Mobility, Massage, and Mindfulness IN-STUDIO

New Yogi Special
\$25 for 3 Classes

Online registration only.
 For everyones safety, class sizes are limited to 13 people.
 Please bring your own mat.
 We have mats & props for sale at a discounted price if needed.