



Strength, comfort & yoga for all.

Class Schedule January 2020

S	M	T	W	T	F	S
9–10:30am Hot Hatha	9–10:15am Flow	6:30–7:30am Flow	9–10:15am Flow	6:30–7:30am Flow	9–10:15am Flow	8:30–9:45am Flow
11–12:15pm Hot Flow	12–1:00pm Express Flow	9–10:15am Flow	12–1pm Express Flow	9–10:15am Flow	12–1pm Express Flow	10:30–12pm Mobility Yoga
January 12th* 4-5:30pm Vision Boarding with Carly Mertz January 26th* 1-2pm Guided Meditation with Katherine Rob	6–7:15pm Power Flow 7:30–8:30pm Basics	12–1pm Basics 5:30–6:45pm Flow 7–8:15pm Slow & Flow	5:30–7:00pm Hot Hatha 7:30–8:45pm Warm Slow & Flow	12–1pm Basics 5:30–6:45pm Hatha 7–8:15pm Slow & Flow	5:30–6:45pm Flow 7–8:15pm Flow & Relax	January 4th & 18th* 2-4pm All About Handstands with Andre Sur January 11th* 2-4pm Sustainable Self-Love with Rissa Wray

New Yogi Special
\$25 for 3 Classes

\$16 Drop-in
\$75 1 Month Unlimited
\$65 Monthly Recurring

\$120 10 Classes
\$210 3 Months Unlimited
\$650 1 Year Unlimited