



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule November 2020

S	M	T	W	T	F	S	
10–11am Power/Yin IN-STUDIO & VIRTUAL	9–10am Slow & Flow IN-STUDIO & VIRTUAL	10–11:15am 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 Flow IN-STUDIO & VIRTUAL	
	12–1pm Mobility Flow IN-STUDIO & VIRTUAL <i>*mask required in class</i>		12–1pm Express Flow IN-STUDIO & VIRTUAL	November 26th 9–10am Giving Thanks Free Outdoor Flow Class with Scott Temples OUTSIDE FRONT PATIO			10:30–11:30am Mobility Yoga IN-STUDIO & VIRTUAL <i>*mask required in class</i>
	6–7pm Power Flow IN-STUDIO & VIRTUAL		5:30–6:30pm Hot Hatha IN-STUDIO & VIRTUAL	6–7pm Flow IN-STUDIO & VIRTUAL			
	7–8pm Slow & Flow IN-STUDIO & VIRTUAL	7–8pm Warm Slow & Flow IN-STUDIO & VIRTUAL	7–8pm Flow & Relax 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.