



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule July 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 <div style="background-color: #fff9c4; padding: 5px;"> July 10TH 2:00–3:30pm SHIFT THE 'SCENSES with Christy Marie IN-STUDIO July 31ST 2:00–4:00pm GOOD STRETCH HIPS & LOW BACK with Rissa Wray IN-STUDIO </div>

New Yogi Special
\$25 for 3 Classes

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