



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule September 2021

S	M	T	W	T	F	S
9–10am Slow Flow IN-STUDIO & VIRTUAL	9–10am Slow Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9:00–10am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL
10:30–11:30am Power/Yin IN-STUDIO & VIRTUAL		12–1pm Hatha Flow IN-STUDIO & VIRTUAL			12–1pm Flow IN-STUDIO & VIRTUAL	10:30–11:30am Power/Yin IN-STUDIO & VIRTUAL
September 5th 6:00–8:00pm DEEP STRETCH & DEEP REST with Amanda Riker IN-STUDIO & VIRTUAL	6–7pm Power Flow IN-STUDIO & VIRTUAL	5:30–6:30pm Flow IN-STUDIO & VIRTUAL	5:30–6:30pm Hot Hatha IN-STUDIO & VIRTUAL		5–6pm Flow/Relax IN-STUDIO & VIRTUAL	September 18th 2:00–4:00pm GOOD STRETCH-LOW LEGS, KNEES, FEET & ANKLES with Rissa Wray IN-STUDIO
	7:30–8:30pm Yin/Stretching IN-STUDIO & VIRTUAL	7–8pm Slow Flow IN-STUDIO & VIRTUAL	7–8pm Warm Slow Flow IN-STUDIO & VIRTUAL	6–7pm Slow Flow IN-STUDIO & VIRTUAL		

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.