



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule December 2021

S	M	T	W	T	F	S
9–10am Slow Flow IN-STUDIO & VIRTUAL 10:30–11:30am Power/Yin IN-STUDIO & VIRTUAL December 5th 6:00–8:00pm DEEP STRETCH & DEEP REST with Amanda Riker IN-STUDIO & VIRTUAL	9–10am Slow Flow IN-STUDIO & VIRTUAL 6–7pm Power Flow IN-STUDIO & VIRTUAL 7:30–8:30pm Yin/Stretching 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	9:00–10am 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 12–1pm Flow IN-STUDIO & VIRTUAL 5–6pm Flow/Relax IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 10:30–11:30am Power/Yin IN-STUDIO & VIRTUAL December 18th 2:00–4:00pm HEALTHY HABITS with Sarah Thornhill IN-STUDIO

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Online registration only.

For everyone's safety, class sizes are limited.

Please bring your own mat.

We have mats & props for sale at a discounted price if needed.