



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule January 2022

| S | M | T | W | T | F | S |
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| 9–10am Slow Flow IN-STUDIO & VIRTUAL 10:30–11:30am Flow IN-STUDIO & VIRTUAL January 9th 6:00–8:00pm DEEP STRETCH & DEEP REST with Amanda Riker IN-STUDIO & VIRTUAL January 30th 1:00–3:00pm INTRO TO ACRO with Andre Sur & Tricia Perez 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 January 29th 1:00–3:00pm EXPLORE THE SOUL with Regina 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.