



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule June 2022

S	M	T	W	T	F	S
9–10am Slow Flow IN-STUDIO & VIRTUAL 10:30–11:30am Flow IN-STUDIO & VIRTUAL July 3rd 6:00–8:00pm DEEP STRETCH DEEP & REST	9–10am Slow Flow IN-STUDIO & VIRTUAL 6–7pm Flow IN-STUDIO & VIRTUAL 7:30–8:30pm Yin IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 12–1pm 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 Heated Hatha IN-STUDIO & VIRTUAL 7–8pm Warm Slow Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 5:30–6:30pm Flow IN-STUDIO & VIRTUAL 7–8pm Yin IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 12–1pm Flow IN-STUDIO & VIRTUAL 5–6pm Flow/Restore IN-STUDIO & VIRTUAL 7:00–8:15pm Friday Night Vibes IN-STUDIO June 17th	9–10am Flow IN-STUDIO & VIRTUAL 10:30–11:30am Flow/Restore IN-STUDIO & VIRTUAL

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Online registration only.
For everyone's safety, class sizes are limited.
Please bring your own mat.