

S	M	T	W	T	F	S
	6:30–7:30am Flow IN-STUDIO		6:30–7:30am Flow IN-STUDIO		6:30–7:30am Flow IN-STUDIO	
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 Flow IN-STUDIO & VIRTUAL		12–1pm Flow IN-STUDIO & VIRTUAL			12–1pm Flow IN-STUDIO & VIRTUAL	10:30–11:30am Flow/Restore IN-STUDIO & VIRTUAL
	6–7pm Flow IN-STUDIO & VIRTUAL	5:30–6:30pm Flow IN-STUDIO & VIRTUAL	5:30–6:30pm Heated Hatha IN-STUDIO & VIRTUAL	5:30–6:30pm Flow IN-STUDIO & VIRTUAL	5–6pm Flow/Restore IN-STUDIO & VIRTUAL	
September 4th 6:00–8:00pm Deep Stretch & Deep Rest IN-STUDIO	7:30–8:30pm Yin IN-STUDIO & VIRTUAL	7–8pm Slow Flow IN-STUDIO & VIRTUAL	7–8pm Warm Slow Flow IN-STUDIO & VIRTUAL	7–8pm Yin IN-STUDIO & VIRTUAL		September 24th 12:00–1:00pm Body Temple Dance IN-STUDIO & VIRTUAL

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