

S	M	T	W	T	F	S
	6:30–7:30am* Flow		6:30–7:30am* Flow		6:30–7:30am* Flow	8:30–9:30am Flow
9–10am Slow Flow	9–10am Slow Flow	9–10am Flow	9:00–10am Flow	9–10am Flow	9–10am Flow	10–11am Flow
10:30–11:30am Flow	12–1pm Flow	10:30–11:30am Slow Flow	12–1pm Flow/Yin	10:30–11:30am Slow Flow	12–1pm Flow	11:30–12:30pm Flow/Restore
March 5th 12:00–1:15pm Prenatal Yoga	6–7pm Flow	5:30–6:30pm Flow	December 1st 1:30–3:00pm Full Led Primary DONATION BASED	5:30–6:30pm Flow	5–6pm Flow/Restore	
March 5th 6:00–8:00pm Deep Stretch & Deep Rest	7:30–8:30pm Yin	7–8pm Slow Flow	7–8pm Slow Flow	7–8pm Yin		March 4, 11, 18, 25 1:00–7:00pm Yoga Teacher Training

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