

In-Studio & Virtual Class Schedule April 2024

S	M	т	W	т	F	S
9–10am Slow Flow	6:30–7:30am * Flow 9–10am Slow Flow	7:00-8:00am * Flow 9-10am Flow	6:30–7:30am* Flow 9:00–10am Flow	7:00-8:00am* Flow 9-10am Flow	6:30–7:30am * Flow 9–10am Flow	8:30-9:30am Flow 10-11am
10:30–11:30am Flow 12–1pm* Donation Flow	12–1pm Flow	10:30–11:30am Slow Flow	12–1pm Flow/Yin	10:30–11:30am Slow Flow	12–1pm Slow Flow	Slow Flow 11:30–12:30pm Flow/Restore
March 10th 5:00-6:30pm Sound Bath Meditation March 24th 6:00-7:30pm Deep Stretch & Deep Rest	6–7pm Flow 7:30–8:30pm Yin	5:30–6:30pm Flow 7–8pm Slow Flow/Yin	5:30–6:30pm Flow 7–8pm Slow Flow	5:30–6:30pm Flow 7–8pm Yin	5–6pm Flow/Restore	Workshops & Events March - June 1:00–6:00pm Teacher Training for Modern Yoga

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