



Fall/Winter/Spring SCHEDULE 2022 -2023

Monday

9 - 10 am YM Gentle Flow *
4:30 Qigong (coming soon)
6 - 7 pm YM Core Sequence
7:30 - 8:30 pm Hot Flow

Tuesday

7 - 8 am Hot Vinyasa Flow
9 - 10 am Hot Flow
4:30 - 5:30 pm Hot Vinyasa Flow
6 - 7:00 pm YM Hot Flow
7:30 - 8 :30 pm All Levels Flow*

Wednesday

7 - 8 am YM Power Hour
9 - 10:15 am Yin/ Gentle restore *
4:30-5:30 pm Hot Flow
6 - 7 pm YM Warm VinyasaFlow
7:30 - 8:30 pm YM Sculpt with Zoe*

Thursday

9 am - 10 am YM All Levels Flow *
4:30 - 5:30 pm Yin/Yang*
6 pm - 7:00 pm YM Not Hot Flow

Friday

7 - 8 am Hot Vinyasa Flow
9 - 10 am Hot Flow
4:30 - 5:30 pm Yin Yoga*

Saturday

8:30 am - 9:30 am Power Flow
10-11am Hot Flow
4:30 pm - 5:30 pm YM Not Hot Flow *

Sunday

8:30 - 9:30 am YM Warm Flow
10 - 11:15 am Hot Flow
5:30 - 6:30 pm **Live-stream Sunday
Slow Down***
5:30 - 6:30pm Kripalu Yoga with Lili*

Classes with an asterisk * are designed for all levels of yoga students. Practiced in a regular temperature room.

Core Sequence and Warm Flow classes are practiced in a 80 - 85 degree room. These classes are accessible to all levels.

Hot Yoga classes are accessible to all levels of yogi and practiced in a 95 degree room.

Classes may be both in-studio and **live-stream** and will be seen on the booking schedule as noted.

