



## SCHEDULE 2022 -2023

### Monday

9 - 10 am YM Gentle Flow \*  
4:30 Qigong  
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 \*  
3:45-4:45 - **Live - stream only Yoga for Healthy Bones \***  
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  
4:45 pm - 5:45 pm YM Not Hot Flow \*

### Sunday

8:30 - 9:30 am YM Warm Flow  
10 - 11:15 am Hot Flow  
12:00 - 1:15 pm Restorative Yoga for Body & Mind  
5:30 - 6:30 pm **Live-stream only 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.

