



## Monday

9 am - 10 am YM Gentle Flow \*  
12 pm - 1 pm YM Hot Flow with  
guided meditation  
4:30 pm - 5:30 pm Yin Yoga \*  
6 pm - 7 pm YM Core Sequence  
7:30 pm - 8:30 pm YM Hot Flow

## Tuesday

6 am - 7 am Yin/Yang \*  
9 am - 10:15 am YM Hot Flow  
4:30 pm - 5:30 pm YM Not Hot Flow \*  
6 pm - 7:15 pm YM Hot Flow  
7:30 pm - 8 :30 pm YM Beginners \*

## Wednesday

7 am - 8 am YM Power Hour  
9 am - 10:15 am Yin/Yang \*  
4:30 pm- 5:30 pm YM Gentle Flow \*  
6 pm - 7:15 pm YM Hot Flow  
7:30 pm - 8:30 pm YM Flow w/  
Restore \*

## Thursday

6 am - 7 am YM Hot Flow  
9 am - 10 am YM Beginners \*  
4 pm - 5:15 pm YM Hot Flow  
6 pm - 7:15 pm YM Hot Flow  
7:30 Pm - 8:30 pm Yin/Restore \*

## Friday

7 am - 8 am YM Power Hour  
9 am - 10:15 am YM Hot Flow  
12 pm - 1 pm YM Not Hot Flow \*  
4:30 pm - 5:30 pm Yin Yoga\*

## Saturday

8:30 am - 9:30 am YM Hot Flow  
10 am - 11:15 am YM Hot Flow  
4:30 pm - 5:30 pm YM Not Hot Flow \*  
(Community Class)

## Sunday

8:30 am - 9:30 am YM Not Hot Flow \*  
10 am - 11:15 am YM Hot Flow  
5:30 pm - 6:30 pm Sunday Slow  
Down \*  
7 pm - 8 pm Meditation Gathering \*  
(Most Sunday Evenings)

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

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

**Please go to our website to see full descriptions of our classes and to learn more about our teachers.**

**[www.eyogamoves.com](http://www.eyogamoves.com)**