



Monday

6 am - 6:45 am Meditation Gathering*
9 am - 10 am YM Gentle Flow *
12 pm - 1 pm Qigong (on hold)
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 *
9 am - 10:15 am YM Hot Flow
4:30 pm - 5:45 pm YM Warm 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 *
12 pm - 12:30 pm Guided Meditation*
4:30 pm- 5:45 pm YM Full Body Flow*
6 pm - 7:15 pm YM Hot Flow
7:30 pm - 8:30 pm YM Flow/Restore *

Thursday

6 am - 7 am YM Warm 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

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 *

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*

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 78-80 degree 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.