



Monday

9 am YM Gentle Yoga

4:30 pm Yin Yoga

6 pm Yoga Moves Hot Flow

7:30 pm Yoga Moves Hot Flow

Tuesday

6 am Yin/Yang

9 am Yoga Moves Hot Flow

6 pm Yoga Moves Hot Flow

7:30 pm Yoga Moves Beginners

Wednesday

5:30 am Yoga Moves NOT Hot Flow

7 am Power Hour

9 am Yin/Yang

4:30 pm Yin/Yang

6 pm Yoga Moves Hot Flow

7:30 pm Yoga Moves Flow w/Restore

Thursday

6 am Yoga Hot Moves Hot Flow

9 am Yoga Moves Beginners

4 pm Yoga Moves Hot Flow

6 pm Yoga Moves Hot Flow

7:30 pm Yin/Restore

Friday

7 am Power Hour

9 am Yoga Moves Hot Flow

12 pm Yoga Moves not Hot Flow

Saturday

8:30 am YM Hot Flow

10 am YM Hot Flow

4:30 pm YM Not Hot Flow

Community Benefit Class

Sunday

7:30 am YM NOT Hot Flow

5:30 pm Sunday Slow Down

7 pm Meditation Gathering

