



## Monday

7 am - 7:45 am Meditation Gathering\*  
9 am - 10 am YM Gentle Flow \*  
12 pm - 1 pm Qigong\*  
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

7 am - 8 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 \*  
11 am - 12 :15 pm Meridian Flow\*  
4:30 pm- 5:45 pm YM Full Body Flow\*  
6 pm - 7:15 pm YM Hot Flow  
7:30 pm - 8:30 pm Warm Flow

## Thursday

7 am - 8 am YM Warm Flow  
9 am - 10 am YM Beginners \*  
4:30 pm - 5:45 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 Power Hour  
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 80 - 85 degree room during the winter season

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.