



## SPRING SCHEDULE

2022

### Monday

9 am - 10 am YM Gentle Flow \*  
4:30 - 5:43 PM YM Yin/Yang\*  
6 pm - 7 pm YM Core Sequence  
7:30 pm - 8:30 pm Hot Flow

### Tuesday

7 am - 8 am Hot Vinyasa Flow  
9 am - 10:00 am YM Hot Flow  
4:30 - 5:30 pm Hot Vinyasa Flow  
6 pm - 7:00 pm YM Hot Flow  
7:30 pm - 8 :30 pm YM  
All Levels Flow\*

### Wednesday

7 am - 8 am YM Power Hour  
9 am - 10:15 am Yin/Yang \*  
12:30 -1:30pm Chair Yoga (6 weeks)  
4:30 - 5:30 pm Hot Vinyasa Flow  
6:00 pm - 7 pm YM Warm Flow  
7:30 - 8:30 pm Qigong

### Thursday

7 am - 8 am YM Warm Flow Slow &  
Intentional  
9 am - 10 am YM All Levels Flow \*  
6 pm - 7:00 pm YM Not Hot Flow  
7:30 pm - 8:30 pm **Live-stream**  
**Yin/Yoga Nidra**  
7:30 - 8:30 PM YM Hot Flow

### Friday

9 am -10 am Hot Flow  
4:30 pm - 5:30 pm Yin Yoga\*

### Saturday

8:30 - 9:30 YM Power Hour  
10 - 11 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 **Live-stream**  
**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. 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.

Pre-registration is required for all classes and payment must be made prior to class (online.)

