



WINTER SCHEDULE

2022

Monday

9 am - 10 am YM Gentle Flow *
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 Hot 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.)

