





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM							VINYASA FLOW
9:30AM	VINYASA FLOW	POWER YOGA	VINYASA FLOW	SLOW FLOW	VINYASA FLOW	POWER YOGA	CORE YOGA
10:45AM	SLOW FLOW	VINYASA FLOW	CORE YOGA	VINYASA FLOW	POWER YOGA	POP UP CHECK POPUP SCHEDULE	
11:00AM						VINYASA FLOW	SLOW FLOW
11:30AM					BABY YOGA		
12:15PM						BEGINNER YOGA	
2:00-2:45PM	BABY YOGA						
4:30-5:15PM		TWEEN YOGA (8-12 Years)	KIDS YOGA (4-7 Years) POP UP CHECK POPUP SCHEDULE				
5:45PM	CORE YOGA		VINYASA FLOW				
6:00PM		SLOW FLOW TEENS YOGA (13-17 Years)		POWER YOGA BEGINNER YOGA			
7:00PM	POWER YOGA		SLOW FLOW PRENATAL YOGA				
7:15PM				VINYASA FLOW			
7:15-7:45PM	BEGINNER MEDITATION*			BEGINNER MEDITATION*		LEGEND  PREREGISTRATION ONLY - KIDS, TWEEN AND TEEN CLASSES MUST BE REGISTERED IN PERSON  POP UP CLASSES - CHANGE EVERY WEEK, PLEASE REFER TO POP UP SCHEDULE FOR DETAILS * MEDITATION CLASSES ARE 30MINS	
7:30-8:30PM		VINYASA FLOW					
8:15PM	POP UP CHECK POPUP SCHEDULE		POP UP CHECK POPUP SCHEDULE				