



MAY SCHEDULE 2024

MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:45 GENTLE
5:45 – 6:45 VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 YOGAJUANA
7:00 – 8:15 WARM HATHA

WEDNESDAY

9:00 – 10:15 SLOW FLOW & SOUND
10:30 – 11:30 WARM FLOW FUSION
5:45 – 7:00 YOGA FOR STRESS RELIEF
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
5:30 – 6:45 GENTLE
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 WARM YIN YOGA – DEEP STRETCH
11:15 – 12:45 HATHA & FASCIA YOGA

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 YIN YOGA – DEEP STRETCH
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

Mythology of Poses with Sallie

When: Saturday, May 4th
Time: 1:30 – 3:00pm
Cost: \$20

Yoga Nidra & Sound Healing with Francesca

When: Sunday, May 5th
Time: 4:00 - 5:30 pm
Cost: \$25

Aerial Yoga Series with Jessica

When: May 11, June 8,
July 20 & Aug. 10
Time: 1:00 – 2:30 pm
Cost: \$120

*Sign up for one class or ALL
Cost each class: \$35

Philosophical Yoga: Sutras, Yamas & Niyamas with Teri

When: Saturday, May 18th
Time: 1:30 – 3:00 pm
Cost: \$20

Wild Women Circle Full Moon in Sagittarius with Holly

When: Saturday, May 25th
Time: 1:30 - 4:00 pm
Cost: \$35



Please pre-register online for
classes/workshops.