

NEW CLASS SCHEDULE

2026 brings new times, new classes, same great practice!

M

10:00 am
Yoga & Meditation

6:00 pm
Evening Yoga Flow

T

10:00 am
Good Morning Yoga

6:00 pm
Evening Yoga Flow

W

10:00 am
Restorative Yoga

6:30 pm
Evening Yoga Flow

TH

10:00 am
Good Morning Yoga

6:00 pm - Yin Yoga
7:15 pm - Sound Bath
Special Event: Free for Unlimited Members

F

10:00 am
Yin Yoga

Reserved for pop-up classes and special events!

S

10:00 am - Bhakti Yoga

