

NEW CLASS SCHEDULE

November 1st brings new times, new classes, same great practice!

M

10:00 am

Yoga & Meditation

6:30 pm

Evening Yoga Flow

T

10:00 am

Good Morning Yoga

6:00 pm

Yin Yoga

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

6:30 pm

Evening Yoga Flow

S

10:00 am - Bhakti Yoga

