

class schedule

MONDAY

- 730am Power(ful) Vinyasa
- 930am YinYasa
- 430pm Strengthen + Lengthen
- 6pm Strengthen + Lengthen
- 730pm Slow + Stretchy

TUESDAY

- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio
- 430pm YinYasa
- 630pm Balanced Vitality

WEDNESDAY

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Yoga For Seniors 55+ (FREE)
- 430pm Power(ful) Vinyasa
- 6pm Strengthen + Lengthen
- 730pm Yin Yoga

THURSDAY

- 930am Balanced Vitality
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Balanced Vitality

FRIDAY

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 430pm Somatic Reset
- 6pm Yin Yoga

SATURDAY

- 8am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio

SUNDAY

- 930am Sunday Over Easy
- 430pm Yin Yoga



studio + etiquette tips

schedule effective 1/1/26 + subject to change

If a class is canceled, we'll update the schedule ASAP. Check online for last-minute changes.

All classes are designed for all-levels, come as you are and modify however you need

Most classes are heated 80-85 degrees

Kindly register for class in advance

Please arrive 10 - 15 minutes before class

Late arrivals may not be permitted

Please check-in at front desk

4 hour cancellation policy

Shoes, phones + bags not allowed in yoga room

Loaner mats, blocks, and straps are available

Bottled water \$5 (free fill-up station)

Not feeling well?

Rest up and join us when you're better

Must be 16+ to participate. Unattended children are not permitted.

See website for full class descriptions