

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
6pm Yin Yoga

SATURDAY

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

SUNDAY

930am Sunday Over Easy
430pm Yin Yoga

the woods yoga

schedule effective 5/1/25 + subject to change



studio tips + etiquette

schedule effective 5/1/25 + subject to change

In the event of a class cancelation, website will be updated as soon as possible, please check website before class for any last minute changes

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

Kindly register for class in advance

Please arrive 10 - 15 minutes before class

Doors open 15 minutes before class starts

Late arrivals may not be permitted

Please check-in at front desk

Shoes, phones + bags are not allowed in yoga room

Bring your own yoga mat or borrow one of ours

Blocks and yoga straps are available to borrow

We sell bottled water and offer free refills

Most classes heated 85 degrees

If you do not feel well, please do not come to class

Unattended children are not permitted. Participants must be 16+.

See website for full class descriptions

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