

SPRING 2026 SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15am RISE & SHINE YOGA*	9:30am MINDFUL MOVEMENT YOGA	9:30am SLOW FLOW YOGA	9:30am MOBILITY FLOW YOGA	9:30am FLOW & UNWIND YOGA	9:30am STRETCH & RESTORE YOGA	9:15am TRX STRONG 45
	11am STRENGTH + CORE 45		11am STRENGTH + CORE 45		11am STRENGTH + CORE 45	10:15am FLOW YOGA
		5:15pm CORE FLOW YOGA		5:30pm TRX ESSENTIALS 45		
	6:15pm POWER FLOW YOGA	6:30pm TRX CORE 45	6:15pm FLOW YOGA	6:30pm TRX STRONG 45	6:15pm SLOW FLOW YOGA	
7pm YIN + MEDITATE	7:30pm GENTLE FLOW YOGA			7:30pm YIN YOGA		

Please download the Vagaro app to register for classes.

Studio opens 15 minutes prior to class and doors are locked at class start time for the duration of the class.

Classes are 60 minutes in length unless indicated.

*Please note Rise & Shine will be cancelled on April 12th and May 10th.

Check our online schedule for the most accurate, up-to-date schedule; please note schedule changes on holiday weekends.