

FALL 2026 SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15am SLOW FLOW SUNDAYS*	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 note: Slow Flow Sunday will be cancelled once a month during our YTT training weekends – please refer to the online schedule for the up-to-date class schedule
- 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.
- Check our Vagaro online schedule for the most accurate, up-to-date schedule; please note schedule changes on holiday weekends.