



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Slow + Steady						Slow + Steady
9am		Slow + Steady	Slow + Steady	Slow + Steady	Slow + Steady	Hatha + Yin + Meditation	
10am							Refine + Explore
10:30am	Slow + Steady						
Noon		Gentle Strength	Slow + Steady*	Gentle Strength			
4:30pm						Align + Flow	
6pm	Restorative	Slow + Steady	Body Love Yoga	Slow + Steady	Align + Flow	Slow + Steady	
7:30pm		Yin + Meditation	Beginner Series**	Align + Flow			

*begins January 15

**additional fee