



Monday

9 am - 10 am YM Gentle Flow *
4:30 pm - 5:30 pm Yin Yoga *
6 pm - 7 pm YM Core Sequence
7:30 pm - 8:30 pm Hot Flow

Tuesday

9 am - 10:00 am YM Hot Flow
6 pm - 7:00 pm YM Hot Flow
7:15 pm - 8 :30 pm YM **Live-stream**
All Levels Flow* (75 min class)

Wednesday

7 am - 8 am YM Power Hour
9 am - 10:15 am Yin/Yang *
4:30 pm- 5:30 pm YM Full Body Flow*
6:00pm YM Hot Flow

Thursday

7 am - 8 am YM Hot Flow
9 am - 10 am YM Beginners *
6 pm - 7:00 pm YM Yoga Strong*
7:30 Pm - 8:30 pm **Live-stream**
Yin/Yoga Nidra *

Friday

9 am -10:15 am Hot Flow
4:30 pm - 5:30 pm Yin Yoga*

Saturday

8:30 am - 9:30 am YM Power Hour
4:30 pm - 5:30 pm YM Not Hot Flow *

Sunday

8:30 am - 9:30 am YM Not Hot Flow
10 am - 11:15 am YM Hot Flow
5:30 pm - 6:30 pm **Live-stream**
Sunday Slow Down*

Classes with an asterisk * are designed for all levels of yoga students. Practiced in a regular temperature room.

Core Sequence and Warm Flow classes are practiced in a 80 - 85 degree room.

Hot Yoga classes are accessible to all levels of yogi and practiced in a 95 degree room.

All classes are both in-studio and **live-stream** unless noted Pre-registration is required for all classes and payment must be made prior to class (online.)