

CLASS SCHEDULE

| DAY | TIME | CLASS | INSTRUCTOR |
|-----------|--------------------|---------------------|------------|
| Monday | 9:30 am - 10:30 am | Slow Flow | Denise |
| | 5:30 pm - 6:30 pm | Slow Flow | Jen |
| | 7:00 pm - 8:00 pm | Vinyasa | Denise |
| Tuesday | 5:45 pm - 6:45 pm | Slow Flow | Adriana |
| | 7:00 pm - 8:00 pm | Yin Fusion | Chelsea |
| Wednesday | 9:30 am - 10:30 am | Slow Flow | Heather |
| | 5:30 pm - 6:30 pm | Slow Flow | Denise |
| | 7:00 pm - 8:00 pm | Ashtanga Remix | Denise |
| Thursday | 9:30 am - 10:30 am | Slow Flow | Adriana |
| | 5:30 pm - 6:30 pm | Slow Flow | Jesi |
| | 7:00 pm - 8:00 pm | Short Form Ashtanga | Denise |
| Friday | 9:30 am - 10:30 am | Slow Flow | Denise |
| | 5:30 pm - 6:30 pm | Slow Flow | Denise |
| Saturday | 8:00 am - 9:00 am | Slow Flow | Denise |
| | 9:30 am - 10:30 am | Slow Flow | Denise |
| Sunday | 9:30 am - 10:30 am | Slow Flow | Jen |
| | 4:00 pm - 5:00 pm | Yin Fusion | Chelsea |

Slow Flow: *This class is great for beginners. You will gently engage and open all the major muscle groups, putting together a slow flow sequence leaving you feeling rejuvenated. This is a well rounded class.*

Short Form Ashtanga *It's a heated class. If you are looking to pick up the pace and get challenged, this is for you. Designed in specific order of intense asanas to improve strength, balance and coordination.*

Ashtanga Remix: *It's a heated class! It's an Ashtanga inspired practice with a vinyasa flow to build strength and flexibility. It will take us out of the routine. Be prepared to sweat.*

Yin Fusion: *A class great for all beginners. This class begins with a slow flowing sequence of posture to help strengthen and stretch all areas of the body, followed by a set of restorative postures making this a deep nourishing practice. Suggested to bring a bolster or blanket if needed.*

Vinyasa: *This heated style of yoga links postures so that you move from one to another seamlessly using the breath and testing strength and endurance.*