

# CLASS SCHEDULE

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

## **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.*