

SUN MON THU SAT TUF **WED** FRI

> **#**7-830a ashtanga primary series w/johannah

- dakini yoga w/geraldine **9**−1030a moderate integrative
- **\*9-1015**a strong and supple flow w/devon
- #9-1015a gentle morning yoga w/anjali
- **∗**9-1015a slow flow w/carina
- \*9-1015a fire flow w/hope
- **9**−10a zumba w/megan

daytime rotating classes & workshops

vinyasa

w/kristin

№10:30-1145a move & breathe with baby w/amy

\*830-945a

- #12-1p playful flow w/joanie
- **#**12-1p noon total body blast w/emma

¥1030a-12p vinyasa flow w/devon

¥4-515p fire flow w/hope

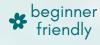
- **∗**4-515p kundalini
- yoga w/susi
  - **#**530-630p
- 430-530p radical rest & renewal w/anjali
- evening rotating classes & workshops
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- ¥530-645p flow & restore w/hope
- 530-645p feel-good flow w/ashley
- ₹530-630p HIIT workout w/emma
- core power w/johannah
- **\*** 6−7p power flow w/emily

Accessible pricing for everyone

**47**−815p candlelight yin & restore w/devon

- \*7-8/830p contemporary dance/ contact improv dance jam
- **\$**7-8:45pm blossom ecstatic dance w/joanie
- \*Contemporary Dance w/emma lst/3rd Tuesday Contact Improv 2nd/4th Tuesday



please note that classes may be added or changed, always check our website!