

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a		Warm Flow 60 (all levels)		Warm Flow 60 (all levels)			
7:00a						Heated Flow 75 (all levels)	
8:00a							Warm Flow 60 (all levels)
8:30a	Heated Flow 75 (all levels)	Heated Flow 75 (all levels)	Heated Flow 75 (all levels)	Heated Flow 75 (all levels)	Heated Flow 75 (all levels)		
9:00a						Heated Flow 60 (all levels) Kids Yoga 60	
4:30p	Heated Flow 60 (intermediate)	Heated Flow 60 (intermediate)	Warrior Flow 60 (advanced) Fundamentals of Flow 60 (beginner friendly)	Heated Flow 60 (intermediate)	Heated Flow 60 (intermediate)		
6:00p	New to Heated Flow 75 (beginner friendly)	YinYasa 60 (beginner friendly)	Heated Flow 60 (intermediate) Yoga Nidra 60 (guided meditation)	New to Heated Flow 75 (beginner friendly)			
7:30p		Yin Restorative 60 (beginner friendly)		Yin Restorative 60 (beginner friendly)			

Heated = heat + humidity

Warm = heat

60 = 1 hour

75 = 1 hour 15 minutes