

May Schedule

Monday


5:30 - 6:15 am	Yoga 4 Definition
9:30 - 10:30am	Balanced Flow
12:00 - 1:00pm	Mindful Movement
4:30 - 5:30 pm	Hot Fusion Yoga
5:30 - 6:30 pm	Pole Fitness [^]
6:00 - 7:00 pm	Mindful Movement
7:30 - 8:30 pm	Flowing Strength

Tuesday

5:30 - 6:15 am	XY Interval Training
9:30 - 10:30 am	Gentle Yoga
12:00 - 1:00 pm	Restorative Yoga
4:15 - 5:15 pm	Gentle Yoga
4:30 - 5:30 pm	Happy Hour Yoga
5:45 - 6:45 pm	Yoga Barre Fusion
5:45 - 6:45 pm	Mindful Movement
7:00 - 8:00 pm	Hot Yoga
7:00 - 8:00 pm	Strength & Inversions
8:15 - 9:00 pm	Heated Deep Stretch

Wednesday

5:30 - 6:30 am	Flowing Strength
9:30 - 10:30 am	Flowing Strength
12:00 - 1:00 pm	Balanced Flow
4:30 - 5:30 pm	Flowing Strength
6:00 - 7:00 pm	Beginner Aerial Silks
6:00 - 7:00 pm	Mindful Movement
7:15 - 8:15 pm	Relaxed Yin Flow

 =Indicates added class or change in class time/type

*Class not in session on 2nd Sunday of each month.

[^]Class not in session on 1st Monday of each month

Thursday

5:30 - 6:30 am	Rise & Sizzle Yoga
9:30 - 10:30 am	Hot Yoga
12:00-1:00 pm	Yin Restorative
4:30 - 5:30 pm	Mindful Movement
5:00 - 6:00 pm	Yoga 4 Definition
7:30 - 8:30 pm	Meditative Relaxed Flow

Friday

5:30 - 6:30 am	Friday Funky Flow
9:30 - 10:30 am	Yoga 4 Definition
12:00 - 1:00 pm	Restorative Flow
4:30 - 5:30 pm	Hot Yoga
4:30 - 5:30 pm	Yoga 4 Flexibility
6:00 - 7:00 pm	Flowing Strength
6:00 - 7:00 pm	Candlelit Restorative Yoga
7:30 - 8:30 pm	Friday Night Pole Party

Saturday

7:15 - 8:15 am	Yoga Blast Fitness
8:30 - 9:30 am	Gentle Rise & Shine
8:45 - 9:45 am	Hot Yoga
10:15 - 11:15 am	Flowing Strength
10:15 - 11:15 am	Yoga 4 Kids (ages 4-8)
11:30 - 12:30 pm	Yoga 4 a Healthy Back

Sunday

9:15 - 10:15 am	Floating Meditation*
9:30 - 10:30 am	Yoga Barre Fusion
10:45 - 11:45 am	Yoga 4 Definition
11:00 - 12:00 pm	Beginner Aerial Silks
12:00 - 1:00 pm	Mindful Movement
4:45 - 5:45 pm	Candlelight Flow
7:00 - 8:00 pm	Christian Easy Flow

For full schedule, class descriptions, and rates visit

DoYoga4you.com