



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

IN STUDIO Advanced Registration Only

9:30 – 10:45am
Int Yoga Flow
Darlene

9:45 – 10:45am
Kaiut
Larry / Hybrid

11am – 12pm
Beginner
Larry

11:15am – 12:15pm
Yoga Flow
Brianne / Hybrid

9:30 – 10:45am
Intermediate Kripalu
Shauna

11am – 12pm
Beginner
Patty / Hybrid

6 – 7pm
Yin
Krista / Hybrid

9:30 – 10:30am
Relax Deeply
Shauna / Hybrid

11am – 12pm
Vinyasa
Avery / Hybrid

5:45 – 7:15pm
Intermediate
Shauna / Hybrid

7:30 – 8:30pm
Beginner
Rozelle

9:30 – 11am
Experienced Int.
Jan / Hybrid

10:00 – 11am
Kripalu
Shauna / Hybrid

1:30 – 2:30pm
Beginner
Patty

5:45 – 6:45pm
Kaiut
Shauna

7 – 8pm
Beginner Vinyasa
Jeremy

9:30 – 10:30am
Beginner
Shauna / Hybrid

1:30 – 3:30pm
Advanced
Jan

1:45 – 2:45pm
Kaiut
Shauna / Hybrid

5:45 – 6:45pm
Kripalu
Krista

9:45 – 10:45am
Beginner
Candace

11am – 12pm
Yin
Candace / Hybrid

8:15 – 9:45am
Int/Advanced Vinyasa
Jan

8:45 – 10am
Int Kripalu
Shauna / Hybrid

10am – 11am
Yoga Flow
Darlene

10:30 – 11:30am
Kripalu
Shauna

11:15am – 12:15pm
Relax Deeply
Larry / Hybrid

ONLINE CLASSES Live and Rebroadcast classes

Live and Rebroadcast classes must be registered for individually. Recorded links are emailed to **Rebroadcast** registrants at listed time and are available for 48 hrs unless otherwise noted.

9:45 – 10:45am
Kaiut
Larry

REC ● Available 12pm

11:15am – 12:15pm
Yoga Flow
Brianne

REC ● Available 1pm

11am – 12pm
Beginner
Patty

REC ● Available 1pm

6 – 7pm
Yin
Krista

REC ● Available 7:30pm

9:30 – 10:30am
Relax Deeply
Shauna

REC ● Available 1pm

11am – 12pm
Vinyasa
Avery

REC ● Available 5:30pm

5:45 – 7:15pm
Intermediate
Shauna

REC ● Available 7:30pm

9:30 – 11am
Experienced Int.
Jan

REC ● Available 5:30pm

10 – 11am
Kripalu
Shauna

REC ● Available 1pm

9:30 – 10:30am
Beginner
Shauna

REC ● Available 10am
Friday

1:45 – 2:45pm
Kaiut
Shauna

REC ● Available 3:15pm

11am – 12pm
Yin
Candace

REC ● Available 1pm

8:45 – 10am
Int Kripalu
Shauna

REC ● Available 10:45am

11:15am – 12:15pm
Relax Deeply
Larry

REC ● Available 12:45pm