

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9:15am
Energizing Flow
 ⓘ Zoom
 👤 Sandra

6:15pm
All Levels Flow
 ⓘ Studio/Zoom
 👤 Carrie H.

6:30pm
MBS Moves
 ⓘ Studio
 👤 Miriam

6:30pm
Beginner's Yoga
 ⓘ Studio
 👤 Suzy

7:30pm
Candlelight Restorative
 ⓘ Studio
 👤 Larissa

7:30pm
Stretch & Soothe
 ⓘ Studio & Zoom
 👤 Miriam

9:00am
Intermediate Flow
 ⓘ Studio & Zoom
 👤 Miriam

9:45am
Slow Flow
 ⓘ Studio
 👤 Kim

6:00pm
Intermediate Flow
 ⓘ Studio
 👤 Rotation

6:00pm
Yin Yoga
 ⓘ Studio
 👤 Monique

7:00pm
Slow Flow
 ⓘ Studio
 👤 Andrea Bi.

9:00am
All Levels Yoga
 ⓘ Studio
 👤 Tami

9:00am
Yin Yoga
 ⓘ Zoom
 👤 Larissa

9:15am
Gentle Yoga
 ⓘ Studio
 👤 Kim

6:00pm
Community Yoga
 ⓘ Studio
 👤 Scot

7:00pm
All Levels Flow
 ⓘ Studio
 👤 Andrea Bl.

9:00am
Intermediate Flow
 ⓘ Studio & Zoom
 👤 Carrie

9:30am
Beginner's Yoga
 ⓘ Studio
 👤 Kim

6:00pm
All Levels Flow
 ⓘ Studio & Zoom
 👤 Amanda

6:30pm
Mindful Movement
 ⓘ Studio
 👤 Loren

7:15pm
Journey to Handstand
 ⓘ Studio
 👤 Scot

7:30pm
Yoga Nidra
 ⓘ Studio & Zoom
 👤 Miriam

9:00am
All Levels Flow
 ⓘ Studio & Zoom
 👤 Melanie

9:00am
Intermediate Flow
 ⓘ Studio & Zoom
 👤 Carrie

10:00am
Community Yoga
 ⓘ Studio
 👤 Brooke

10:00am
Advanced Flow
 ⓘ Studio & Zoom
 👤 Miriam

10:30am
Slow Flow
 ⓘ Studio
 👤 Rotation

11:30am
Meditation
 ⓘ Studio & Zoom
 👤 Rachel

(Last Sunday of the month)
 7:30pm
Yoga for Stress Relief
 ⓘ Zoom
 👤 Danielle

