

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
Foundational Flow
 ⓘ Studio
 👤 Kim




6:00pm
Foundational Flow
 ⓘ Studio
 👤 Andrea Bi.




6:00pm
Yin Yoga
 ⓘ Studio
 👤 Monique




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
Foundational Flow
 ⓘ Studio
 👤 Rotation



11:45am
Meditation
 ⓘ Studio & Zoom
 👤 Rachel



(Last Sunday of the month)

