

Beginner Friendly Classes

Monday

10:00 Mindful Flow
18:00 Hatha Flow

Tuesday

7:30 Hatha Flow
19:15 Stretch & Release
20:30 Yin Yoga

Wednesday

10:00 Embodied Flow
18:00 Movement Medicine
19:30 Reset & Recover

Thursday

7:30 Hatha Flow
18:00 Mindful Flow

Friday

10:00 The Reset Flow
17:30 Warm Hatha Flow

Saturday

11:00 Reset & Recover

Sunday

10:00 Hatha Flow
17:15 The Connected Flow