

Want to try Hot Yoga?

If you're completely new to hot yoga, we recommend starting out with a warm class to ease into it.

Tuesday

13:00 Warm Express Flow

Thursday

13:00 Warm Express Flow

Friday

13:00 Heated Core Flow Express

17:30 Warm Hatha Flow

Saturday

8:00 Express Warm Flow

Sunday

17:30 Warm Yin/Yang Flow