



New To Hot Yoga?

We recommend starting out with a warm class to ease into it

Tuesday

10:00 Warm Flow

13:00 Warm Express Flow

Thursday

10:00 Warm Flow

13:00 Warm Express Flow

Friday

13:00 Warm Express Flow

17:30 Warm Slow Flow

Saturday

8:00 Warm Express Flow

Sunday

17:30 Warm Yin/Yang Flow