

# Beginner Friendly

## Monday

10:00 Mindful Flow  
18:00 Hatha Flow

## Tuesday

7:30 Hatha Yoga  
10:00 Warm Flow  
19:15 Stretch & Release  
20:30 Yin Yoga

## Wednesday

10:00 Embodied Flow  
19:30 Reset & Recover

## Thursday

7:30 Hatha Flow  
10:00 Warm Flow  
18:00 Mindful Flow  
19:30 Restorative Yoga

## Friday

10:00 The Reset Flow  
13:15 Community Class  
17:30 Warm Slow Flow

## Saturday

11:00 Reset & Recover

## Sunday

10:00 Hatha Flow  
17:15 The Connected Flow