

Class Schedule

Monday

Morning classes:

08:00-09:00
Vinyasa yoga

08:30-09:30
Yin yoga

Afternoon classes:

15:00-16:00
Vinyasa yoga

17:00-18:00
Hot Yoga

Wednesday

Morning classes:

08:00-09:00
Vinyasa yoga

08:30-09:30
Yin yoga

Afternoon classes:

17:00-18:00
Hot Yoga

Evening classes:

18:00-19:00
Vinyasa yoga

18:00-19:30
Yin yoga

Friday

Morning classes:

08:00-09:00
Vinyasa yoga

10:00-11:00
Prenatal yoga

Afternoon classes:

15:00-16:00
Vinyasa yoga

17:00-18:00
Hot Yoga

Saturday

Morning classes:

07:30-08:30
Yin yoga

08:00-09:00
Prenatal yoga

10:00-11:00
Hot Yoga