

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Yoqilates
8:30-9:30 am

Hot 75
9-10:15 am

Pilates
9-10:00 am

Hot 75
9-10:15 am

Restorative
9:15-10:15 am

Pilates
9-10 am

Hot 75
8:30-9:45 am

Yoqilates
10-11 am

Restorative
10-11 am

Beg. Aerial
11-12 pm

All Levels Flow
10:15-11:15 am

Beg. Aerial
11-12 pm

Kids Yoga
1-2 pm

Power Flow
12:15-1 pm

Power Flow
12:15-1 pm

Power Flow
12:15-1 pm

Flow and
Meditation
6-7 pm

Beg. Yoga
6-7 pm

Aerial
Yoga
5-6 pm

Hot 75
5:30-6:45 pm

Beg. Yoga
6-7 pm

Aerial
Yoga
5-6 pm

Hot 75
5:30-6:45 pm

Alkaline
Flow
7:15-8:15 pm

Restorative
7:15-8:15 pm

Barre
6-7 pm

Pilates
7:15-8:15 pm

Alkaline
Flow
7:15-8:15 pm

Barre
6-7 pm

Pilates
7:15-8:15 pm



ALKALINE METHOD™
YOGA THERAPY