

*Please expect week to week yoga schedule variability based on teacher availability

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Warm Power with Taylor	Rise & Flow (Vinyasa) with Mariah	Warm Power with Mariah	Rise & Flow (Vinyasa) with Emma	CLOSED		
8:00 AM					CLOSED	Yang to Yin with Ranata	Rooted Foundations with Cathy
9:30 AM	Vinyasa Flow with Cathy	Mindful Flow with Dommi		Mindful Flow + Sound bath with Stephanie	CLOSED	Warm Power with Emma	Warm Vinyasa Flow with Elizabeth
11:00 AM					CLOSED	Warm Vinyasa Flow with Samario	Mindful Flow (Soulful Sundays) with Elizabeth
12:00 PM		Warm Power (express) with Taylor	Vinyasa Flow (express) with Max	Warm Power (express) with Taylor	CLOSED		
12:30 PM						Vinyasa Flow with Ranata	
1:30 PM					CLOSED		• Yang to Yin with Kristen • Workshop every 4th Sunday with rotating teachers
4:30 PM	Rooted Foundations with Dommi	Warm Power with Taylor	Warm Vinyasa Flow with Stephanie	Warm Power with Taylor	CLOSED		Warm Mindful Flow with Maddy
5:45 PM	Vinyasa Flow with Suzanne	Rooted Foundations with Elizabeth	Rooted Foundations + Sound (75 min) with Stephanie	Rooted Foundations with Kristen	CLOSED		Zen Yin + Nidra with Maddy
7:15 PM		Zen Yin with Kristen		Zen Yin with Kristen	CLOSED		
7:30pm			Restorative with Dommi				



Yoga Room Hours

- Monday: 6am-8pm
- Tuesday: 6am-8pm
- Wednesday: 6am-8pm
- Thursday: 6am-8pm
- Friday: Closed
- Saturday: 8am-2pm
- Sunday: 8am-8pm

Lounge Hours

- Monday – Thursday: 8:30 AM – 7:30 PM
- Friday: Closed
- Saturday: 7:30am– 2PM
- Sunday: AM 7:30am– 2 PM

**Lounge closed during lunch break:

- Closed weekdays- 1:30-2:30pm
- Closed weekends - 12-1pm