*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*		
9:30 AM					*CLOSED*	**Warm Power / Reset** with Emma	**Warm Vinyasa as Stress Relief / Light Workout** with Cathy
11:00 AM					*CLOSED*	**Vinyasa Flow** with Samario	**Mindful Flow (Soulful Sundays)** with Elizabeth
12:00 PM	**Mindful Flow + Sound bath** with Stephanie	**Warm Power (express)** with Maddy	**Vinyasa Flow (express)** with Max	**Warm Power (express)** with Taylor	*CLOSED*		
1:30 PM					*CLOSED*		***Reserved for Workshops***
4:30 PM	**Mindful Flow + Restore** with Dommi				*CLOSED*		**Warm Mindful Flow** with Maddy
5:45 PM	**Vinyasa Flow** with Suzanne	**Vinyasa Flow** with Elizabeth	**Rooted Foundations + Sound (75 min)** with Stephanie	**Rooted Foundations** with Dommi	*CLOSED*		
7:15 PM		**Zen Yin** with Kristen		**Zen Yin** with Kristen	*CLOSED*		



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: 11 AM – 3PM**
- **Friday: Closed**
- **Saturday: 9am - 1 pm**
- **Sunday: 9AM - 1 PM**