

Day	Time	Yoga Class	Class Type
Saturday	8:30 AM - 9:30 AM	Morning Flow	Face-to-Face and Live Stream (Zoom)
Sunday	9:00 AM - 10:00 AM	Hatha	Face-to-Face and Live Stream (Zoom)
	10:05 AM - 11:10 AM	Hatha	Face-to-Face and Live Stream (Zoom)
Monday	6:30 PM - 7:30 PM	Hatha	Face-to-Face and Live Stream (Zoom)
	7:35 PM - 8:35 PM	Hatha	Face-to-Face and Live Stream (Zoom)
Tuesday	9:15 AM - 10:15 AM	Hatha	Face-to-Face and Live Stream (Zoom)
	6:30 PM - 7:30 PM	Hatha	Face-to-Face and Live Stream (Zoom)
	7:35 PM - 8:35 PM	Vinyasa	Face-to-Face and Live Stream (Zoom)
Wednesday	6:30 PM - 7:30 PM	Restorative	Face-to-Face and Live Stream (Zoom)
	7:35 PM - 8:35 PM	Vinyasa	Face-to-Face and Live Stream (Zoom)
Thursday	6:30 PM - 7:30 PM	Vinyasa	Face-to-Face and Live Stream (Zoom)
	7:35 PM - 8:35 PM	Vinyasa	Face-to-Face and Live Stream (Zoom)
Friday	9:15 AM - 10:15 AM	Hatha	Face-to-Face and Live Stream (Zoom)

Morning Flow	Suitable for beginner level
Hatha	
Restorative	Suitable for intermediate level
Vinyasa	

Note: Any cancellations require 24 hours' notice, otherwise a cancellation penalty of the cost of the class will apply.