



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	OUTDOOR Power Flow Rosie	INDOOR Power Flow Rosie	INDOOR Power Flow Ruth	INDOOR Power Flow Rosie	INDOOR Power Flow Ruth	INDOOR Power Flow Forrest	
8:30 - 9:45am	Back Care Libby	INDOOR Flow & Yin Tiffany	Back Care Libby	Kaiut Tucker	Therapeutic Self Massage Deirdre	OUTDOOR Gentle Flow & Yin Ruth	OUTDOOR Ashtanga Jonathan
10:00 - 11:15am	Gentle Kundalini Sierra	Slow Flow & Restorative Paige	Kundalini Flow Sierra	Gentle Restorative & Yin Paige	Bhakti Flow Michael J.	Align & Flow Joe	
11:30 - 12:45pm	Flow & Yin Shala	Align & Flow Joe	Flow & Yin Shala	Flow & Yin Amy	INDOOR Flow with Weights Ruth	Flow & Yin Julia	
1:00 - 2:15pm	Align & Flow Deirdre	INDOOR Gentle Restorative & Yin Tiffany	Mindful Flow Lewis	Slow Flow & Yin Andie	INDOOR Power Flow Tiffany		
4:00 - 5:15pm	Slow Power Flow Michael	Bhakti Flow & Yin Michael	Bhakti Michael	Ashtanga (INDOOR Begins Oct. 15) Jonathan	Align & Flow Richard		INDOOR Flow & Yin Maegan
5:30 - 6:45pm	Gentle Align & Flow Joe (ends at 6:30)	INDOOR Yin Maegan	Align & Flow Richard	Align & Flow Joe	Mindful Flow Gota		Gentle Restorative & Yin Michael

Beginner Friendly Classes

Virtual & Outdoor Classes are \$10 each.

Indoor Classes are \$18 each with a Virtual option at \$10 each.

Memberships and Virtual 10 Packs are not valid for Indoor Classes.

Indoor and Outdoor Classes are limited capacity. Advanced registration and payment required. We cannot accept cash or payment at time of service.

Indoor and Outdoor class registration are non-refundable.