



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	Power Flow Ruth	Power Flow Rosie	Power Flow Ruth	Power Flow Rosie	Ashtanga Jonathan	Power Flow Forrest	
8:30 - 9:45am	Back Care Libby	Flow & Yin Tiffany	Back Care Libby	Flow & Yin Tiffany	Therapeutic Self Massage Deirdre	Gentle Flow & Yin Ruth	
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	Flow with Weights Ruth	Flow & Yin Julia	Ashtanga Jonathan
1:00 - 2:15pm	Align & Flow Deirdre	Gentle Restorative & Yin Tiffany	Mindful Flow Lewis	Slow Flow & Yin Andie	Power Flow Tiffany		
4:00 - 5:15pm	Slow Power Flow Michael	Bhakti Flow & Yin Michael	Bhakti Michael	Ashtanga Jonathan	Restorative & Yin Richard		Flow & Yin Maegan
5:30 - 6:45pm	Flow & Yin Tucker	Yin Maegan	Align & Flow Richard	Align & Flow Joe	Mindful Flow Gota		Mindful Restorative & Yin Gota

 Beginner Friendly Classes

Virtual classes are \$10 each. Advanced registration and payment required. Virtual classes are hosted on Zoom. In order to best serve our virtual clients, we use FitGrid to automatically send you a unique link approximately 30 minutes prior to class beginning. Please check your email inbox and spam folder for an email from hello@fitgrid.com. The email will be sent to the email on file in MBO. If you have any issues, please email guestservices@youryoga.com for support. Upon completion of class, you will receive a link to the 48-hour video recording as well. Enjoy!