



# Indoor Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00am		Power Flow Rosie		Power Flow Rosie			
8:30 - 9:45am							
10:15 - 11:30am				*Mindful Flow Gota			
12:00 - 1:00pm	Strong & Slow Flow Alisa		Power Flow Kate				
1:30 - 3:00pm							
3:30 - 5:00pm				Strong & Slow Flow Alisa			
5:30 - 6:45pm	*Dynamic Flow Kate			Flow & Yin Tiffany	*Mindful Flow Gota		*Mindful Restorative & Yin Gota
7:15 - 8:30pm			*Gentle Yin & Nidra Miranda				Flow & Yin Maegan

 \* Beginner Friendly Class

**Indoor Classes: \$18 Drop In**

Masks Required at All Times  
Reservations Required in Advance  
Limited Availability  
No Refunds if less than 24 Hours Cancellation

**Questions? Email [guestservices@youryoga.com](mailto:guestservices@youryoga.com) for assistance.**