



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 | *Gentle Flow & Restorative Maeve | | 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 for assistance.