



Virtual Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	Yoga Fusion Ruth					Power Flow Forrest	
8:30 - 9:45am	Back Care Libby		Back Care Libby		Therapeutic Self Massage Deirdre	Slow Flow & Yin Ruth	
10:00 - 11:15am		Slow Flow & Restorative Paige		Gentle Restorative & Yin Paige	Bhakti Flow & Yin Michael	Align & Flow Joe	
11:30 - 12:45pm	Flow & Yin Shala	Align & Flow Joe	Flow & Yin Shala	Flow & Yin Amy	Slow Flow Brooke		
1:00 - 2:15pm	Align & Flow Deirdre	Gentle Feel-Good Movement Kaleena	Mindful Flow Lewis	Gentle Feel-Good Movement Kaleena			
4:00 - 5:15pm	Bhakti Michael	Mindful Yin & Savasana Brooke	Bhakti Michael				
5:30 - 6:45pm	Restorative & Yin Tucker		Restorative & Yin Richard	Align & Flow Joe			

 Beginner Friendly Classes

Virtual Classes:

\$10 Drop In Only
Receives 48-Hour Video Access

Questions? Email guestservices@youryoga.com for assistance.