



Established 2005,
Under Current Ownership Since 2013.

April 2019

MONDAY

1
(7:00 am Sunrise Yoga-Sandy)
9:30 am Yoga I-Sandy
4:00 pm Yin/Yang Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
(5:45 pm Mindful Meditation-Nicole)
6:45 pm Slow Flow Yoga I/II*-Nicole

TUESDAY

2
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga- Colleen
6:45 pm Yin Yoga *-Nicole

WEDNESDAY

3
9:30 am Slow Flow Yoga*-Yuki
12:10 pm Midday Yoga-Sandy
4:00 pm Yin/Yang Yoga* - Yuki
5:30pm Yoga I-Gabby
6:45 pm Mellow Evening Flow-Gabby

THURSDAY

4
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:15 pm Gentle Yoga-Ceil
5:30 pm Slow Flow Yoga I/II*-Nicole

FRIDAY

5
9:30 am Yoga I/II-Yuki
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

SATURDAY

6
9:30 am All Levels Yoga - Sandy
10:45 am Yoga II Flow *-Nicole
(12:45pm Intro to Prenatal Yoga*-Nicole)

7
9:30 am Vinyasa Yoga-Yuki
4:00 pm Mindful Flow Yoga-Alanna

8
(7:00 am Sunrise Yoga-Sandy)
9:30 am Yoga I-Sandy
4:00 pm Yin/Yang Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
(5:45 pm Mindful Meditation-Nicole)
6:45 pm Slow Flow Yoga I/II*-Nicole

9
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga- Colleen
5:30 pm Just Breathe & Read Book Club
6:45 pm Yin Yoga *-Nicole

10
9:30 am Slow Flow Yoga*-Yuki
12:10 pm Midday Yoga-Sandy
4:00 pm Yin/Yang Yoga* - Yuki
5:30pm Yoga I-Gabby
6:45 pm Mellow Evening Flow-Gabby

11
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:15 pm Gentle Yoga-Ceil
5:30 pm Slow Flow Yoga I/II*-Nicole

12
9:30 am Yoga I/II-Yuki
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

13
9:30 am All Levels Yoga - Liz
10:45 am Yoga II Flow *-Nicole
(1:00 pm Explore the Chakras Series-Nicole)**

14
9:30 am Vinyasa Yoga-Liz
4:00 pm Chakra Yoga-Alanna

15
(7:00 am Sunrise Yoga-Sandy)
9:30 am Yoga I-Sandy
4:00 pm Yin/Yang Yoga* - Yuki
5:30 pm Beginner's Yoga-Mary
6:45 pm Slow Flow Yoga I/II*-Mary

16
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga- Gabby
6:45 pm Yin Yoga *-Nicole

17
9:30 am Slow Flow Yoga*-Yuki
12:10 pm Midday Yoga-Sandy
4:00 pm Yin/Yang Yoga* - Yuki
5:30pm Yoga I-Gabby
6:45 pm Mellow Evening Flow-Nicole

18
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:15 pm Gentle Yoga-Ceil
5:30 pm Slow Flow Yoga I/II*-Nicole

19
9:30 am Yoga I/II-Yuki
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

20
9:30 am All Levels Yoga - Liz
(11:00 am Family Yoga with EB)

21

CLOSED

22
(7:00 am Sunrise Yoga-Sandy)
9:30 am Yoga I-Sandy
4:00 pm Yin/Yang Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
(5:45 pm Mindful Meditation-Nicole)
6:45 pm Slow Flow Yoga I/II*-Nicole

23
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga-Colleen
6:45 pm Yin Yoga *-Nicole

24
9:30 am Slow Flow Yoga*-Yuki
12:10 pm Midday Yoga-Sandy
4:00 pm Yin/Yang Yoga* - Yuki
5:30pm Yoga I-Gabby
6:45 pm Mellow Evening Flow-Sandy

25
9:30 am Beginner's Yoga-Nicole
10:45 am Yin Yoga *-Nicole
4:15 pm Gentle Yoga-Ceil
5:30 pm Slow Flow Yoga I/II*-Nicole

26
9:30 am Yoga I/II-Yuki
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

27
9:30 am All Levels Yoga - Liz
9:30am-5pm Yoga Teacher Training-Nicole
10:45 am Yoga II Flow *-Nicole

28
9:30 am Vinyasa Yoga-Liz
4:00 pm Mindful Flow Yoga-Gabby

29
(7:00 am Sunrise Yoga-Sandy)
9:30 am Yoga I-Sandy
4:00 pm Yin/Yang Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
(5:45 pm Mindful Meditation-Nicole)
6:45 pm Slow Flow Yoga I/II*-Nicole

30
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga-Colleen
6:45 pm Yin Yoga *-Nicole

1
***75-90 min class**
****2 hour class**
*****2 1/2 hour class**

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Spring Savings on Select Drop-In Class Packages
See online or in Studio for Details
Offer ends May 31, 2019

* Offer NOT valid on auto-pay packages . Some restrictions may apply.

