

June 2019



Staff Members

All

Service categories

All

Class types

- All Levels
- Moderate
- Sweat Level: High
- Sweat Level: Little to None
- Sweat Level: Low to Moderate
- Sweat Level: Moderate
- Sweat Level: Moderate to High
- YoMessage

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
6:30a Rise and Shine Flow to Restore	5:30a Bilingual Rising Flow	5:30a Rise and Shine Gentle Yoga	5:30a Power Vinyasa	6:45a Rise and Shine Gentle Yoga	8:30a Align and Flow	9a Gentle Yoga
8:30a Vinyasa	6:45a Rise and Shine Restorative Yoga	5p Express Class - Yoga Nidra	6:45a Gentle Yoga	6:45a Gentle Yoga	10a Gentle Flow - Pre/Postnatal-Friendly	10:30a Vinyasa
6p Express Class - Gentle Hip and Shoulder Openers	5p Kundalini Kriya	6p Heated Vin/Yin	8:30a Vin/Yin	6:45p Restorative Yoga with Reiki		5p Yin Yoga
6p Power Vinyasa	5:30p Kundalini Meditation	7:30p Vinyasa	9:45a Adaptive Yoga	5:45p Flow to Nidra LIVE		7p Flow and Restore
7:15p Restorative Yoga	6p Yin Yoga with Reiki		5:45p Vin, Yin, Nidra			
7:30p Yoga Nidra	7:30p Yoga Nidra		7:30p Restorative Yoga			
3	4	5	6	7	8	9
5:30a Rise and Shine Flow to Restore	5:30a Bilingual Rising Flow	5:30a Rise and Shine Gentle Yoga	5:30a Power Vinyasa	6:45a Rise and Shine Gentle Yoga	8:30a Align and Flow	9a Gentle Yoga
8:30a Vinyasa	6:45a Rise and Shine Restorative Yoga	5p Express Class - Yoga Nidra	6:45a Gentle Yoga	5:45p Restorative Yoga with Reiki	10a Gentle Flow - Pre/Postnatal-Friendly	10:30a Vinyasa
6p Express Class - Gentle Hip and Shoulder Openers	5p Kundalini Kriya	6p Heated Vin/Yin	8:30a Vin/Yin			5p Yin Yoga
6p Power Vinyasa	5:30p Kundalini Meditation	7:30p Vinyasa	9:45a Adaptive Yoga			7p Flow and Restore
7:15p Restorative Yoga	6p Yin Yoga with Reiki		5:45p Vin, Yin, Nidra			
7:30p Yoga Nidra	7:30p Yoga Nidra		7:30p Restorative Yoga			
10	11	12	13	14	15	16
5:30a Rise and Shine Flow to Restore	5:30a Bilingual Rising Flow	5:30a Rise and Shine Gentle Yoga	5:30a Power Vinyasa	6:45a Rise and Shine Gentle Yoga	8:30a Align and Flow	9a Gentle Yoga
8:30a Vinyasa	6:45a Rise and Shine Restorative Yoga	5p Express Class - Yoga Nidra	6:45a Gentle Yoga	5:45p Restorative Yoga with Reiki	10a Gentle Flow - Pre/Postnatal-Friendly	10:30a Vinyasa
6p Express Class - Gentle Hip and Shoulder Openers	5p Kundalini Kriya	6p Heated Vin/Yin	8:30a Vin/Yin			5p Yin Yoga
6p Power Vinyasa	5:30p Kundalini Meditation	7:30p Vinyasa	9:45a Adaptive Yoga			7p Flow and Restore
7:15p Restorative Yoga	6p Yin Yoga with Reiki		5:45p Vin, Yin, Nidra			
	7:30p Yoga Nidra		7:30p Reiki and Restorative Sound Healing			
17	18	19	20	21	22	23
5:30a Rise and Shine Flow to Restore	5:30a Bilingual Rising Flow	5:30a Rise and Shine Gentle Yoga	5:30a Power Vinyasa	6:45a Rise and Shine Gentle Yoga	8:30a Align and Flow	9a Gentle Yoga
8:30a Vinyasa	6:45a Rise and Shine Restorative Yoga	5p Express Class - Yoga Nidra	6:45a Gentle Yoga	5:45p Restorative Yoga with Reiki	10a Gentle Flow - Pre/Postnatal-Friendly	10:30a Vinyasa
6p Express Class - Gentle Hip and Shoulder Openers	5p Kundalini Kriya	6p Heated Vin/Yin	8:30a Vin/Yin			5p Yin Yoga
6p Power Vinyasa	5:30p Kundalini Meditation	7:30p Vinyasa	9:45a Adaptive Yoga			7p Flow and Restore
7:15p Restorative Yoga	6p Yin Yoga with Reiki		5:45p Vin, Yin, Nidra			
	7:30p Yoga Nidra		7:30p Reiki and Restorative Sound Healing			
					3p Yomassage™	
					6:15p Yomassage™	
24	25	26	27	28	29	30
5:30a Rise and Shine Flow to Restore	5:30a Bilingual Rising Flow	5:30a Rise and Shine Gentle Yoga	5:30a Power Vinyasa	6:45a Rise and Shine Gentle Yoga	8:30a Align and Flow	9a Gentle Yoga
8:30a Vinyasa	6:45a Rise and Shine Restorative Yoga	5p Express Class - Yoga Nidra	6:45a Gentle Yoga	5:45p Restorative Yoga with Reiki	10a Gentle Flow - Pre/Postnatal-Friendly	10:30a Vinyasa
6p Express Class - Gentle Hip and Shoulder Openers	5p Kundalini Kriya	6p Heated Vin/Yin	8:30a Vin/Yin			5p Yin Yoga
6p Power Vinyasa	5:30p Kundalini Meditation	7:30p Vinyasa	9:45a Adaptive Yoga			7p Flow and Restore
7:30p Yin Yoga	6p Yin Yoga with Reiki		5:45p Vin, Yin, Nidra			
	7:30p Yoga Nidra		7:30p Reiki and Restorative Sound Healing			