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**\* NOTE - Please book 6AM classes in advance (the prior evening or earlier).**

SUN	MON	TUES	WED	THUR	FRI	SAT
	<b>* 6 AM</b> ASHTANGA FUSION	<b>* 6 AM</b> ASHTANGA FUSION		<b>* 6 AM</b> ASHTANGA FUSION		
<b>10 AM</b> KUNDALINI & SOUND			<b>10 AM</b> ASHTANGA FUSION		<b>10 AM</b> ASHTANGA FUSION	<b>10 AM</b> VINYASA
	<b>12 PM</b> VINYASA HEATED POWER	<b>12 PM</b> FLY FOUNDATIONS	<b>12 PM</b> VINYASA HEATED POWER	<b>12 PM</b> HATHA FLOW	<b>12 PM</b> VINYASA HEATED POWER	<b>12 PM</b> FLY BARRE-PILATES
<b>4:45 PM</b> HATHA HEATED POWER						<b>4:45 PM</b> VINYASA
	<b>6 PM</b> PRE-NATAL	<b>6 PM</b> HONEY FLOW	<b>6 PM</b> VINYASA	<b>6 PM</b> VINYASA		
	<b>7:30 PM</b> VINYASA	<b>7:15 PM</b> CHILL FLOW	<b>7:15 PM</b> VINYASA TO YIN	<b>7:15 PM</b> RESTORE & SOUND	<b>7 PM</b> CANDLELIGHT FLOW ( FREE )	

Reserve your spot on the [MINDBODY](#) app

Updated 1/27/2025