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

SUN	MON	TUES	WED	THUR	FRI	SAT
	* 6 AM FUSION ASHTANGA			* 6 AM FUSION ASHTANGA		
	12 PM HATHA	12 PM FLY AERIAL YOGA (All Levels)	12 PM HATHA	12 PM HATHA	12 PM VINYASA	
	6 PM PRE-NATAL	6 PM FLY AERIAL YOGA (All Levels)	6 PM PRIMARY ASHTANGA	6 PM FLY AERIAL YOGA (All Levels)		
	7:30 PM VINYASA	7:15 PM RESTORE & SOUND	7:15 PM YIN	7:15 PM SOMATIC (YIN) & SOUND	7 PM FLOW & FOAM ROLL (FREE CLASS)	

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

Updated Jul-7-26