



GROUP CLASSES



Mon 9 AM | Yoga Sculpt
10 AM | Beyond Release

Tue 9AM | Vinyasa Flow
10 AM | Reiki & Restore

Wed 9AM | Yoga Sculpt
10 AM | Vinyasa Flow

Thurs 9AM | Vinyasa Flow
10 AM | Mindfulness

Fri 9AM | Yoga Sculpt
10 AM | Yin Yoga