

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pilates 8 AM		Pilates 8 AM			HIIT 8 AM
Vinyasa 9 AM		Vinyasa 9 AM		Vinyasa 9 AM		
					Vinyasa 10 AM	Gentle Yoga and Sound Bath 5 PM This class is not available on Sunday 8th

VINYASA YOGA

A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.

HIIT

Combine high-intensity cardio, strength training, and functional movements.

DROP IN CLASS - \$25 EACH

PRIVATE CLASSES ARE - \$80 FOR 2 PEOPLE

\$20 PER PERSON AFTER THE INITIAL \$80 FEE

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE
ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

