



# WEEKLY CLASS SCHEDULE

**SUN**

9-10:15 am, 4 pm, 5:30 pm

**MON**

5:30 am, 9:30 am, Noon, 4:30 pm-5:45 pm, 6:15 pm

**TUE**

5:30 am, 9:30 am\*, Noon, 4:30 pm, 6 pm

**WED**

5:30 am, 9:30 am, Noon, 4:30 pm-5:45 pm, 6:15 pm

**THUR**

5:30 am, 9:30 am\*, Noon, 4:30 pm, 6 pm

**FRI**

5:30 am, Noon, 4:30 pm

**SAT**

7:30 am, 9 am

\* Warm Vinyasa flow classes

**Balance Hot Yoga**  
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