

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Hot Gentle Yoga Live/Zoom (Stacey)	9:30 am Beginner Yoga Live/Zoom (Stacey)	9:30 am All Levels Yoga Live/Zoom (Stacey)	9:30 am Yin Yoga Live/Zoom (Stacey)	9:30 am Yoga Fusion Live/Zoom (Stacey)	9:00 am Mix It Up Yoga Live/Zoom (Stacey)
				2:30 pm Calm Your Soul Yoga Live/Zoom (Stacey)	9:00 am Hot Mix It Up Live (Crystal)
6:30 pm Hot Power Flow Live (Madison)	4:30 pm Hot Mix It Up Live (Stacey)	4:30 pm Beginner Yoga Live/Zoom (Stacey)	4:30 pm All Levels Yoga Live/Zoom (Stacey)		
6:30 pm Mix It Up Yoga Live/Zoom (Stacey)	6:30 pm Hot Flow Yoga Live (Stacey)	6:30 pm Hot All Levels Live (Crystal) <hr/> Yoga Fusion Live/Zoom (Stacey)	6:30 pm Warm Goodnight Yin Yoga Live/Zoom (Stacey)		9:00 am Hot Flow Yoga Live (Amy)

Must pre-register ONLINE for classes. Cancellations: Must cancel no later than 2 hours prior to class start time. Please note: Cancellations with less than 2 hours remaining prior to class start time are considered an attended class.
Hot Classes: Pregnant women not allowed. Must be 14 years or older. Must bring own mat and all other props.
Pricing: (includes HST): Drop-in: \$15 • 5 Class Pass: \$62 • 10 Class Pass \$115 • 30 Day Unlimited: \$102 One Year Unlimited: \$1125 (one time payment only)