



# DOWNTOWN YOGA & BARRE

*In Studio  
& Virtual*

## TO ALL PARTICIPANTS

Sign up ahead of time, as in studio classes are reaching our 50% capacity.

## FOR VIRTUAL PARTICIPANTS

Sign up at least 30 minutes in advance to guarantee the link to class. You can participate live or get a recording after the class concludes.

S=studio • V=virtual

### MONDAY

**6am** HIIT **S/V** (April 5th only 8am)

**8:30am** YIN **S/V**

**9:30am** Barre **S/V**

**6pm** Yoga/Barre Fusion **S**

### TUESDAY

**9:30am** Barre **S/V**

**5:15pm** Beginner **S/V**

**6:30pm** Hot Vinyasa **S**

### WEDNESDAY

**9:30am** Vinyasa **S/V**

**4:30pm** Vinyasa **S/V**

**5:45pm** Hot Athletic Yoga **S**

**7pm** Restorative **S/V**

### THURSDAY

**9am** SHREDD **S/V**

*New Starting 4/15:*

**5:15pm** Fundamentals of Yoga **S/V**

**6:30pm** Barre **S**

**6:30pm** Yin **S**

### FRIDAY

*New Time:*

**8:30am** Hot Vinyasa **S/V**

### SATURDAY

**9am** Barre **S/V**

**9:15am** Level 2 Yoga **S/V**

**10:30am** Gentle Yoga **S**

### SUNDAY

**9am** Barre **S/V**

**9am** Hot Vinyasa **S/V**

**4:30pm** Hot Vinyasa **S/V**

# APRIL SCHEDULE