



DOWNTOWN YOGA BARRE & CYCLE

TO ALL PARTICIPANTS

To ensure your spot in class,
please sign up ahead of time.

NEW THIS MONTH

Kids Yoga Camp • July 11-15 • 12:30-4pm

Kundalini Yoga • May 15 • 12pm

Sound Bowl Immersion for Nervous System Reset & Self-Care • 5/20 • 6:30pm

MONDAY

9:30am Barre

NEW STARTING 5/16

9:30am Hot Vinyasa

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

6pm Cycle

TUESDAY

7am Cycle

9:30am Barre

12pm Lunch Break Yoga

5:15pm Beginner Yoga

6:30pm Hot Vinyasa

WEDNESDAY

9:30am Non-Hot Vinyasa

4:30pm SHREDD

5:45pm Power Hot Yoga

5:45pm Pilates

7pm Restorative

THURSDAY

9:30am Booty Boxing

5:15pm Fund. of Yoga

6:30pm Barre

FRIDAY

7am Cycle

8:30am Hot Vinyasa

9:30am Barre

SATURDAY

8am Cycle

9am Barre

9am Hot Yoga All Levels **75mins**

10:30am Gentle Yoga

SUNDAY

9am Hot Vinyasa

10:15am Community Cycle

2:30pm Community Hot Vinyasa **\$10 cash**

MAY SCHEDULE

S/V = studio & virtual