

MONDAY

6:00pm-7:00pm Tapas Flow with Jenn
7:15pm-8:15pm Creativity Circle with Leya
**7:30pm-8:15pm Soothe + Move with Kim

TUESDAY

No classes

WEDNESDAY

3:30pm-4:15pm Kids Yoga with Asia
6:30pm-7:15pm Vinyasa Flow with Gina

THURSDAY

6:30pm-7:15pm Tapas Strength with Jenn
**8:00pm-9:15pm Moving Mindfully with Kelly

FRIDAY

12:00pm-1:00pm Chakra Radiance with Iris
6:00pm-7:00pm Deep Yoga Flow with Alex
**7:15pm-7:45pm FREE Urban Zen Restorative with Kim

SATURDAY

10:30am-11:45am Wake up + Flow with Alex
**12:00pm-12:45pm Beginners' Yoga with Asia

SUNDAY

5:30pm-6:15pm Reiki Share with Kim
**6:30pm-7:45pm Urban Zen Restorative with Kim

**Suitable for all levels of fitness, including beginners

All classes are virtual and cost \$10. Unlimited Monthly Pass for \$89.
New Student Special - \$39 for 2 weeks Unlimited Classes.
Classes resume 1/4/21.
