

## **MONDAY**

6:00pm-7:00pm Tapas Flow with Jenn  
7:15pm-8:15pm Creativity Circle with Leya  
\*\*7:30pm-8:30pm Flow to Restore with Melissa

## **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  
\*\*7:30pm-8:30pm 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 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.  
New Student Special - \$39 for 2 weeks Unlimited Classes.  
Classes resume 1/4/21.