Warm Classes

Special Classes and Workshops



2025

SUN MON TUE WED THU FRI SAT - 30 ----- 1 ------ 2 ------ 3 ------ 4 ------ 5 ------ 6 -10 am Vinyasa w/ 5:45am Sunrise Flow 8:30 am Gentle 10am Vinvasa 8:30 am Gentle 5:45am Sunrise Flow 9am Slow Flow w/Katie Yoga w/Jan Flow w/ Courtney w/Katie Emily Yoga w/Eva w/Katie 10 am Hatha w/ 9am Gentle Yoga 12-2pm Root to 4:30 pm Warm Sheena w/Fva Crown Workshop: Tone & Flow w/ 11:30 Prenatal w/ 10:30 Am Postnatal Root Chakra Sheena Deanna yoga w/ Deanna NO FVFNING w/Sheena 5pm Stretch and 6pm Warm Power 6pm pm Hatha Yoga CLASS: XMAS 5:45 pm Rest & Align w/Katie w/Sheena 9 -Flow w/Gretchen PARADE — ____ 10 -—— 13 · ------ 7 -8:30 am Gentle 5:45am Sunrise Flow 8:30 am Gentle Yoga 5:45am Sunrise Flow 9am Slow Flow 10 am Tone & Flow 10am Vinyasa w/Katie w/Katie w/ Jan Yoga w/Eva w/Sheena w/lan & Will on Flow w/Courtney 9am Gentle Yoga w/Eva 10 sm Hatha w/ 10:30 am Postnatal w/ Guitar 4:30 pm Warm Tone sheena Deanna 5pm Restorative w/ & Flow w/ Sheena 11:30am Prenatal w/ 5:45 pm Rest & Renew 5:30pm Vinyasa Fva 6pm Warm Power Deanna w/Eva 7pm Full Moon Flow w/ Maria Flow w/Gretchen pm Cardio yYoga Fusion 6pm Hatha Yoga Yoga w/Sheena w/ Maria w/Sheena 16 —— └── 15 ─ 17 — — 19 —— 20 — ---- 14 [‡] 10 am Vinyasa w/ 8:30 Gentle Yoga w/ 5:45amSunrise Flow 5:45am Sunrise w/ 8:30 am Gentle 9am Slow Flow 10am Vinyasa w/Katie Emilv Katie Yoga w/Eva 9am Restorative Yoga w/Katie Flow w/Courtnev 11:30 am Cancer 10 am Hatha w/ Sheena 4:30 pm Warm Tone w/Eva 11:30 am Prenatal w/ Care Yoga w/ Sandra & Flow W/ Sheena 0:30 am Postnatal Deanna 6pm Hatha Yoga (FREE) w/6pm Warm Yoga w/ Deanna 5:30pm Vinyasa 5pm Stretch and Power Flow w/Sheena 5:45 Rest & Renew w/ Flow w/lan Alian w/Katie 7:30 pm Yin W/Sheena w/Gretchen lEva 25 — 26 — 27 – — 22 -8:30 am Gentle 10 am Tone & Flow 9am Slow Flow 10am Vinyasa Yoga w/Eva 10 am Hatha w/ w/ Sheena w/|an Flow w/Courtney Sheena 5:30pm Vinyasa 11:30am Prenatal w/ 4:30 pm Flow w/Jan & Will Deanna Restorative w/ Eva_ on guitar 6pm Hatha Yoga w/Sheena 7pm Soundbath w STUDIO CLOSED 7pm Yoga Nidra w STUDIO CLOSED Sheena 29 1 FOR CHRISTMAS FOR CHRISTMAS **—** 28 — 30 — _____ 31 __ 5:45am Sunrise Flow 8:30 Gentle Yoga w/ 10 am Vinyasa w/ 8:30 am Gentle 11:30 am Restorative 9am Slow Flow w/lan Emily Yoga w/ Katie w/lan Yoga w/Sheena 10 am Hatha w/ Sheena 11:30am Prenatal w/ 6pm Warm Power Deanna Flow w/Gretchen 6pm Hatha Yoga 5:30pm Vinyasa 5pm Stretch and w/Sheena Flow w/Jan 7pm Rock n Flow Align w/lan w/Courtney