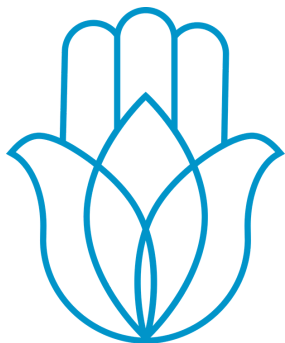




Calendar Key:

Special Classes
and Workshops

Warm Classes



2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
	7 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise w/Katie 9am Hatha w/Sheena 6pm Hatha w/Sheena	9am Gentle w/ Jan 3pm Warm Gentle w/ Sandra 4:30pm Warm Tone & Flow w/ Maria 6pm Warm Power Flow w/Gretchen	5:45am Sunrise w/Katie 9am Gentle yoga w/Eva 5:45 pm Rest & Renew w/ Eva	9am Slow Flow w/Jan	 CLOSED
5	6	7	8	9	10	11
10 am Vinyasa w/ Deanna 1pm Cancer Care Yoga w/ Sandra 5pm restorative w/ Eva	7 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise w/Katie 9amHatha w/Sheena 6pm Hatha w/Sheena	9am Gentle w/ Gretchen 3pm Warm Gentle w/ Sandra 4:30pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/ Eva	9am Slow Flow w/Gretchen	10 am Vinyasa w/Courtney
12	13	14	15	16	17	18
10 am Vinyasa w/ Emerald 11:30 am PAUSE w/ Emerald 5pm Stretch and Align w/Gretchen	7 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen 7 pm Meditation w/ Gabby	5:45am Sunrise w/Katie 9am Hatha w/ Sheena 6pm Hatha w/Sheena	9am Gentle w/ Jan 3pm Warm Gentle w/ Sandra 4:30pm Warm Tone & Flow w/ Maria 6pm Warm Power Flow w/Gretchen	5:45am Sunrise w/Katie 9am Restorative Yoga w/Eva 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10 am Vinyasa w/Courtney 4:30 pm LSD w/ Emerald 8pm Community Yoga & Kava w/ Gretchen at Wana Navu Kava Bar
19	20	21	22	23	24	25
10 am Vinyasa w/ Deanna 5pm Restorative Yoga w/Eva	7 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen 7 pm THRESHOLDS w/ Sheena	5:45am Sunrise w/Katie 9 am Hatha w/ Sheena 6pm Yin Yoga w/Sheena	9am Gentle w/ Jan 3pm Warm Gentle w/ Sandra 4:30pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	5:45am 45min Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10 am Rock N Flow w/Courtney 2pm The Descent w/ Gabby and Sheena 
26	27	28	29	30	31	1
10 am Tone & Flow w/ Sheena 11:30 am PAUSE w/ Eva 5pm Stretch & Align w/Gretchen 6:30 pm Yoga Nidra w/ Sheena	7 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen 7pm Full Moon Yoga w/ Sheena	5:45am Sunrise w/Katie 7am Meditation w/ Gabby 11 am Sacred Breath w/ Sheena 9am Hatha w/ Sheena 6pm Hatha w/ Sheena	9am Gentle w/ Jan 3pm Warm Gentle w/ Sandra 4:30pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	5:45am 45min Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	