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| This is a general weekly schedule and will not reflect temporary changes and cancellations. Please visit us at yogaholic.net to see our complete schedule. | | | | | | |
| **CLASS SCHEDULE** | | | | | | |
| **MONDAY** | **TUESDAY** | **WENESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 6:00 – 6:45 am  **Morning Stretch & Meditation** | 6:45 – 7:30 am  **Morning Flow** | 6:00 – 6:45 am  **Morning Stretch & Meditation** | 6:45 – 7:30 am  **Morning Flow** | 6:00 – 6:45am  **Morning Stretch & Meditation** |  |  |
| 7:30 – 8:30 am  **Morning Flow** |  | 7:30 – 8:30 am  **Sculpt & Stretch** |  | 7:30 – 8:30 am  **Morning Flow** |  |  |
|  |  |  |  |  | 8:30 – 9:45 am  **Morning Stretch & Meditation** | 8:30 – 9:45 am  **All Levels** |
|  | 9:15 – 10:15 am  **Sculpt & Stretch** | 9:15 – 10:15 am  **Morning Stretch & Meditation** | 9:15 – 10:15 am  **All Levels** |  |  |  |
| 10:00 – 11:00 am  **Morning Stretch & Meditation** |  |  |  | 10:00 – 11:00 am  **Morning Stretch & Meditation** | 10:00 – 11:00 am  **Vinyasa** | 10:00 – 11:00 am  **Gentle Stretch & Restorative** |
| **4:00 pm**\*\* | | | | | | |
|  | 4:00 – 5:00 pm  **All Levels** |  | 4:00 – 5:00 pm  **All Levels** | 4:00 – 5:00 pm  **Sculpt & Stretch** |  |  |
|  | 5:15 – 5:45 pm  **Meditation** |  | 5:15 – 5:45 pm  **Meditation** |  |  |  |
| 6:00 – 7:00 pm  **Vinyasa** | 6:00 – 7:00 pm  **Slow Flow** | 6:15 – 7:15 pm  **Sculpt & Stretch** | 6:00 – 7:00 pm  **Gentle Stretch & Restorative** |  |  |  |
| 7:15 – 8:15 pm  **Restorative** | 7:30 – 8:30 pm  **Vinyasa** | 7:30 – 8:30 pm  **Prenatal Yoga Series\*** | 7:30 – 8:30 pm  **Vinyasa** |  |  |  |
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| \* Series and workshops have special pricing and are purchased separately. Please see yogaholic.net/workshops-and-series for more information.  \*\*Off peak passes are valid for all classes below the orange “4:00 pm” line. Not valid for series or workshops. | | | | | | |