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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. |