

MONDAY

Ashtanga 10-11am

Fly 12-1 pm

Hatha 4:45pm-5:45pm

Vinyasa Sculpt 7-8pm

TUESDAY

Ashtanga 6-7am

Hatha 12-1pm

Kids Fly 4-5pm

Vinaysa 6-7pm

WEDNESDAY

Hatha 10-11pm

Fly 12-1pm

Prenatal 6:30-7:30pm

THURSDAY

Ashtanga 6-7am

Hatha 12-1pm

Vinaysa 6-7pm



**** ZOOM or In-Studio (w/ limited capacity)**

PLEASE NOTE: Fly class No Show Fee = \$30

FRIDAY

Ashtanga 6-7pm

Vinyasa 12-1pm

Kids Fly 4-5pm

SATURDAY

Ashtanga 9-10am

Vinaysa 10:30-11:30am

SUNDAY

Hatha 4:45-5:45pm