

MONDAY

Ashtanga | 8:45-9:45 am

Vinyasa | 10-11 am

Hatha | 12-1 pm

Prenatal | 6-7 pm

Vinyasa | 7:15-8:15 pm



TUESDAY

Ashtanga | 6-7:15am

Vinyasa | 8:45-9:45 am

Vinyasa | 12-1 pm

Vinyasa | 6-7 pm

Pilates Reformer (Austin) | 6:30-7:30 pm

Yin | 7:15-8:15 pm

FIRST WEEK FREE

FRIDAY

Vinyasa | 9:30-10:30am

Vinyasa | 12-1 pm

Fly Yin | 5:30-6:30 pm

Pilates Reformer (Austin) | 6:30-7:30 pm

WEDNESDAY

Fusion Ashtanga | 6-7 am

Vinyasa | 10-11 am

FLY Pilates | 12-1 pm

Vinyasa | 6-7 pm

Pilates Reformer (Austin) | 6:30-7:30 pm

Restorative & Yin | 7:15-8:15 pm

SATURDAY

Vinyasa | 9-10 am

Ashtanga | 10:15-11:30 am

SUNDAY

On line Zoom | 7-8 am

Hatha | 10-11 am

Hatha | 4:45-5:45 pm

THURSDAY

Ashtanga | 6 - 7:15 am

Vinyasa | 12-1 pm

Vinyasa | 6-7 pm