

MONDAY

Ashtanga | 8:45-9:45am

Vinyasa | 10-11 am

Aromatherapy | 12-1 pm

Vinyasa | 6 -7 pm

Vinyasa-Yin | 7:15-8:15 pm

TUESDAY

Ashtanga | 6-7 am

Ashtanga | 8:45-9:45 am

Aromatherapy | 12-1 pm

Vinyasa | 6-7 pm

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

Mellow -Yin | 7:15-8:15 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

Vinyasa - Yin | 7:15-8:15 pm

THURSDAY

Ashtanga | 6 – 7 am


Power Vinyasa | 10-11 am

Vinyasa | 12-1 pm

Vinyasa | 6-7 pm



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FIRST WEEK FREE

FRIDAY

Vinyasa | 10 -11 am

Aromatherapy | 12-1 pm

FLY KID | 4:45-5:45pm

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

Candlelight Flow | 7-8 pm

SATURDAY

Vinyasa | 9-10 am

Ashtanga | 10:15-11:30 am

Aromatherapy | 4:45-5:45pm

SUNDAY

Hatha (Vini) | 10-11 am

Hatha | 4:45-5:45 pm