

CLASS SCHEDULE

INSTRUCTOR	DAY	TIME	CLASS
Denise	Monday	9:30 am - 10:30 am	Slow Flow
		7:00 pm - 8:00 pm	Ashtanga Remix
	Tuesday	9:30 am - 10:30 am	Slow Flow
		5:45 pm - 6:45 pm	Slow Flow
		7:15 pm - 8:15 pm	Short From Ashtanga Until Further Notice
	Wednesday	9:30 am - 10:30 am	Slow Flow
		5:30 pm - 6:30 pm	Slow Flow
		7:00 pm - 8:00 pm	Ashtanga Remix
	Thursday	9:30 am - 10:30 am	Slow Flow
		5:30 pm - 6:30 pm	Slow Flow
		7:00 pm - 8:00 pm	Short Form Ashtanga
	Friday	9:30 am - 10:30 am	Slow Flow
		5:30 pm - 6:30 pm	Slow Flow
	Saturday	8:00 am - 9:00 am	Slow Flow Until Further Notice
		9:30 am - 10:30 am	Slow Flow
		11:00 am - 12:00 pm	Short From Ashtanga Until Further Notice
	Sunday	4:00 pm - 5:00 pm	Slow Flow Until Further Notice
Jamie	Sunday	9:30 am - 10:30 am	Slow Flow Until Further Notice
Gwen	Monday	5:30 pm - 6:30 pm	Slow Flow

YIN YOGA: *A very quiet and passiv. A very quiet and passive practice all done in seated, holding postures longer to stretch the connective tissue that often doesn't get targeted in a regulart asana practice.*

Thai Yoga Massage: *The therapist uses a gentle compression and stretching techniques to open the body, increasing flexivility to the muscles, joints and increasing circulation. This takes place on a quilted mat, on the floor wearing comfortable yoga clothing.*

Ashtanga Remix: *This class brings a fresh approach to an ancient practice that is linking breath and movement. It is an Ashtanga inspired practice with a vinayasa flow in a heated room.*