

MONDAY

1 JUL

GENTLE FLOW
GY
9:00AM - 10:00AM

YOGA STRETCH
GY
10:00AM - 11:00AM

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

HATHA YOGA
MASTER SHRI
11:05AM - 12:05PM

PRIVATE
WHEEL YOGA
JO
7:00PM - 8:00PM

DETOX TWIST
RAI
8:15PM - 9:15PM

TUESDAY

2 JUL

HATHA BEGINNER
SARAH S
7:45AM - 8:45AM

VINYASA FLOW
DAISY N
8:00AM - 9:00AM

MORNING FLOW
JILL C
9:00AM - 10:00AM

DETOX TWIST
JILL C
10:00AM - 11:00AM

PRIVATE
BODY OPENING
KELLY
6:40PM - 7:40PM

NECK & SHOULDER
RELEASE
MASTER SHRI
7:05PM - 8:05PM

PRIVATE
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

CORE YOGA
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

3 JUL

CHEST & SHOULDER
OPENING
BHAVANA
9:00AM - 10:00AM

HATHA FLOW
JOEY
9:00AM - 10:00AM

SCULPT & TONE
T BHAWNA
10:00AM - 11:00AM

DEEP STRETCH
T BHAWNA
11:05AM - 12:05PM

PRIVATE
VINYASA FLOW
MANDY
6:30PM - 7:30PM

YOGA FOR TIGHT
HIP & HAMSTRINGS
MASTER SHRI
7:00PM - 8:00PM

PRIVATE
HATHA FLOW
MANDY
7:45PM - 8:45PM

BREATHWORK &
MEDITATION
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

4 JUL

HATHA BEGINNER
SARAH S
8:00AM - 9:00AM

GENTLE FLOW
GY
9:00AM - 10:00AM

MORNING STRETCH
RAI
9:30AM - 10:30AM

YOGA STRETCH
GY
10:00AM - 11:00AM

DETOX TWIST
RAI
10:45AM - 11:45AM

CORE YOGA
JANE
12:00PM - 1:00PM

HIP OPENING
JANE
1:15PM - 2:15PM

PRIVATE
HATHA YOGA
KELLY
6:40PM - 7:40PM

PRIVATE
FLEXIBILITY & CORE
KELLY
7:45PM - 8:45PM

FRIDAY

5 JUL

YIN YANG YOGA
MASTER SHRI
10:00AM - 11:00AM

DETOX VINYASA
T TANVI
7:00PM - 8:00PM

YOGA FOUNDATION
T TANVI
8:05PM - 9:05PM

SATURDAY

6 JUL

CLOSED

INTERNATIONAL
YOGA DAY
CELEBRATION



SUNDAY

7 JUL

PRIVATE
HATHA STRETCH
KELLY
8:00AM - 9:00AM

PRIVATE
DETOX FLOW
KELLY
9:05AM - 10:05AM

GENTLE FLOW
GY
10:30AM - 11:30AM

BALANCE & CORE
T SAVITA
11:00AM - 12:00PM

YOGA STRETCH
GY
11:45AM - 12:45PM

BACKBEND YOGA
T SAVITA
12:05PM - 1:05PM

YOGA STRETCH
GUNITA
1:00PM - 2:00PM

HATHA FLOW
JILL C
2:15PM - 3:15PM

DETOX TWIST
JILL C
3:30PM - 4:30PM

-SPECIALTY-
FLOATING
SOUND BATH
JESSLYN L
5:15PM - 6:30PM

MONDAY

8 JUL

MORNING FLOW
JILL C
9:00AM - 10:00AM

DETOX TWIST
JILL C
10:00AM - 11:00AM

GENTLE FLOW
GY
11:15AM - 12:15PM

YOGA STRETCH
GY
12:15PM - 1:15PM

SUN SALUTATION
MASTER SHRI
10:00AM - 11:00AM

YOGA THERAPEUTICS
FOR DIGESTIVE
HEALTH
MASTER SHRI
11:05AM - 12:05PM

PRIVATE
WHEEL YOGA
JO
7:00PM - 8:00PM

DETOX TWIST
RAI
8:15PM - 9:15PM

TUESDAY

9 JUL

HATHA BEGINNER
SARAH S
7:45AM - 8:45AM

VINYASA FLOW
DAISY N
8:00AM - 9:00AM

PRIVATE
BODY OPENING
KELLY
6:40PM - 7:40PM

DETOX TWIST
MASTER SHRI
7:05PM - 8:05PM

PRIVATE
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

YOGA THERAPEUTICS
FOR RESPIRATORY
HEALTH
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

10 JUL

HATHA FLOW
JOEY
9:00AM - 10:00AM

MORNING STRETCH
T BHAWNA
10:00AM - 11:00AM

ARM BALANCING
T BHAWNA
11:05AM - 12:05PM

PRIVATE
VINYASA FLOW
MANDY
6:30PM - 7:30PM

CHEST & SHOULDER
OPENING
MASTER SHRI
7:00PM - 8:00PM

PRIVATE
HATHA FLOW
MANDY
7:45PM - 8:45PM

HATHA BEGINNER
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

11 JUL

HATHA BEGINNER
SARAH S
8:00AM - 9:00AM

CHEST & SHOULDER
OPENING
BHAVANA
9:00AM - 10:00AM

MORNING STRETCH
RAI
9:30AM - 10:30AM

GENTLE FLOW
BHAVANA
10:00AM - 11:00AM

DETOX TWIST
RAI
10:45AM - 11:45AM

CORE YOGA
JANE
12:00PM - 1:00PM

HIP OPENING
JANE
1:15PM - 2:15PM

PRIVATE
HATHA YOGA
KELLY
6:40PM - 7:40PM

PRIVATE
FLEXIBILITY & CORE
KELLY
7:45PM - 8:45PM

FRIDAY

12 JUL

BACKBEND YOGA
MASTER SHRI
10:00AM - 11:00AM

CORE YOGA
MASTER SHRI
11:05AM - 12:05PM

YOGA STRETCH
T TANVI
7:00PM - 8:00PM

VINYASA FLOW
T TANVI
8:05PM - 9:05PM

SATURDAY

13 JUL

HATHA INTERMEDIATE
PHOEBE
9:00AM - 10:00AM

YIN YOGA
PHOEBE
10:30AM - 11:30AM

GENTLE FLOW
T RADHIKA
11:00AM - 12:00PM

HATHA STRETCH
T RADHIKA
12:05PM - 1:05PM

YOGA STRETCH
ZIN
1:00PM - 2:00PM

HATHA BEGINNER
ZIN
2:15PM - 3:15PM

GENTLE FLOW
GY
3:30PM - 4:30PM

YOGA STRETCH
GY
4:45PM - 5:45PM

SUNDAY

14 JUL

PRIVATE
HATHA STRETCH
KELLY
8:00AM - 9:00AM

PRIVATE
DETOX FLOW
KELLY
9:05AM - 10:05AM

YOGA BARRE
APRIL
10:30AM - 11:30AM

DETOX VINYASA
T SAVITA
11:00AM - 12:00PM

MAT PILATES
APRIL
11:45AM - 12:45PM

YOGA STRETCH
T SAVITA
12:05PM - 1:05PM

YOGA STRETCH
GUNITA
1:00PM - 2:00PM

HATHA FLOW
JILL C
2:15PM - 3:15PM

DETOX TWIST
JILL C
3:30PM - 4:30PM

YOGA STRETCH
MICHIKO
3:30PM - 4:30PM

-SPECIALTY-
FLOATING
SOUND BATH
JESSLYN L
5:15PM - 6:30PM

MONDAY

15 JUL

GENTLE FLOW
GY
9:00AM - 10:00AM

YOGA STRETCH
GY
10:00AM - 11:00AM

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

HATHA YOGA
MASTER SHRI
11:05AM - 12:05PM

PRIVATE
WHEEL YOGA
JO
7:00PM - 8:00PM

DETOX TWIST
RAI
8:15PM - 9:15PM

TUESDAY

16 JUL

HATHA BEGINNER
SARAH S
7:45AM - 8:45AM

VINYASA FLOW
DAISY N
8:00AM - 9:00AM

MORNING FLOW
JILL C
9:00AM - 10:00AM

DETOX TWIST
JILL C
10:00AM - 11:00AM

GENTLE FLOW
GY
11:15AM - 12:15PM

YOGA STRETCH
GY
12:30PM - 1:30PM

PRIVATE
BODY OPENING
KELLY
6:40PM - 7:40PM

NECK & SHOULDER
RELEASE
MASTER SHRI
7:05PM - 8:05PM

PRIVATE
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

CORE YOGA
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

17 JUL

HATHA FLOW
JOEY
9:00AM - 10:00AM

SCULPT & TONE
T BHAWNA
10:00AM - 11:00AM

DEEP STRETCH
T BHAWNA
11:05AM - 12:05PM

PRIVATE
VINYASA FLOW
MANDY
6:30PM - 7:30PM

YOGA FOR TIGHT
HIP & HAMSTRINGS
MASTER SHRI
7:00PM - 8:00PM

PRIVATE
HATHA FLOW
MANDY
7:45PM - 8:45PM

BREATHWORK &
MEDITATION
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

18 JUL

HATHA BEGINNER
SARAH S
8:00AM - 9:00AM

CHEST & SHOULDER
OPENING
BHAVANA
9:00AM - 10:00AM

MORNING STRETCH
RAI
9:30AM - 10:30AM

GENTLE FLOW
BHAVANA
10:00AM - 11:00AM

DETOX TWIST
RAI
10:45AM - 11:45AM

CORE YOGA
JANE
12:00PM - 1:00PM

HIP OPENING
JANE
1:15PM - 2:15PM

PRIVATE
HATHA YOGA
KELLY
6:40PM - 7:40PM

PRIVATE
FLEXIBILITY & CORE
KELLY
7:45PM - 8:45PM

FRIDAY

19 JUL

YIN YANG YOGA
MASTER SHRI
10:00AM - 11:00AM

HIP OPENING
MASTER SHRI
11:05AM - 12:05PM

DETOX VINYASA
T TANVI
7:00PM - 8:00PM

YOGA FOUNDATION
T TANVI
8:05PM - 9:05PM

SATURDAY

20 JUL

HATHA INTERMEDIATE
PHOEBE
9:00AM - 10:00AM

YIN YOGA
PHOEBE
10:30AM - 11:30AM

GENTLE FLOW
T RADHIKA
11:00AM - 12:00PM

HATHA STRETCH
T RADHIKA
12:05PM - 1:05PM

YOGA STRETCH
ZIN
1:00PM - 2:00PM

HATHA BEGINNER
ZIN
2:15PM - 3:15PM

ALIGN YOGA
ALICEL
3:30PM - 4:30PM

POWER YOGA
ALICEL
4:45PM - 5:45PM

YIN YOGA
ALICEL
6:00PM - 7:00PM

SUNDAY

21 JUL

PRIVATE
HATHA STRETCH
KELLY
8:00AM - 9:00AM

PRIVATE
DETOX FLOW
KELLY
9:05AM - 10:05AM

GENTLE FLOW
GY
10:30AM - 11:30AM

BALANCE & CORE
T SAVITA
11:00AM - 12:00PM

YOGA STRETCH
GY
11:45AM - 12:45PM

BACKBEND YOGA
T SAVITA
12:05PM - 1:05PM

YOGA STRETCH
GUNITA
1:00PM - 2:00PM

HATHA FLOW
JILL C
2:15PM - 3:15PM

DETOX TWIST
JILL C
3:30PM - 4:30PM

-SPECIALTY-
FLOATING
SOUND BATH
JESSLYN L
5:15PM - 6:30PM

MONDAY

22 JUL

GENTLE FLOW
GY
11:15AM - 12:15PM

YOGA STRETCH
GY
12:15PM - 1:15PM

SUN SALUTATION
MASTER SHRI
10:00AM - 11:00AM

YOGA THERAPEUTICS
FOR DIGESTIVE
HEALTH
MASTER SHRI
11:05AM - 12:05PM

PRIVATE
WHEEL YOGA
JO
7:00PM - 8:00PM

TUESDAY

23 JUL

HATHA BEGINNER
SARAH S
7:45AM - 8:45AM

VINYASA FLOW
DAISY N
8:00AM - 9:00AM

MORNING FLOW
JILL C
9:00AM - 10:00AM

DETOX TWIST
JILL C
10:00AM - 11:00AM

PRIVATE
BODY OPENING
KELLY
6:40PM - 7:40PM

DETOX TWIST
MASTER SHRI
7:05PM - 8:05PM

PRIVATE
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

YOGA THERAPEUTICS
FOR RESPIRATORY
HEALTH
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

24 JUL

HATHA FLOW
JOEY
9:00AM - 10:00AM

MORNING STRETCH
T BHAWNA
10:00AM - 11:00AM

ARM BALANCING
T BHAWNA
11:05AM - 12:05PM

PRIVATE
VINYASA FLOW
MANDY
6:30PM - 7:30PM

CHEST & SHOULDER
OPENING
MASTER SHRI
7:00PM - 8:00PM

PRIVATE
HATHA FLOW
MANDY
7:45PM - 8:45PM

HATHA BEGINNER
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

25 JUL

HATHA BEGINNER
SARAH S
8:00AM - 9:00AM

CHEST & SHOULDER
OPENING
BHAVANA
9:00AM - 10:00AM

MORNING STRETCH
RAI
9:30AM - 10:30AM

GENTLE FLOW
BHAVANA
10:00AM - 11:00AM

DETOX TWIST
RAI
10:45AM - 11:45AM

GENTLE FLOW
GY
11:15AM - 12:15PM

CORE YOGA
JANE
12:00PM - 1:00PM

YOGA STRETCH
GY
12:15PM - 1:15PM

HIP OPENING
JANE
1:15PM - 2:15PM

PRIVATE
HATHA YOGA
KELLY
6:40PM - 7:40PM

PRIVATE
FLEXIBILITY & CORE
KELLY
7:45PM - 8:45PM

FRIDAY

26 JUL

BACKBEND YOGA
MASTER SHRI
10:00AM - 11:00AM

CORE YOGA
MASTER SHRI
11:05AM - 12:05PM

YOGA STRETCH
T TANVI
7:00PM - 8:00PM

VINYASA FLOW
T TANVI
8:05PM - 9:05PM

SATURDAY

27 JUL

PRIVATE
YIN YOGA
EVGENIA
8:00AM - 9:00AM

PRIVATE
HATHA FLOW
EVGENIA
9:15AM - 10:15AM

GENTLE FLOW
T RADHIKA
11:00AM - 12:00PM

HATHA STRETCH
T RADHIKA
12:05PM - 1:05PM

YOGA STRETCH
ZIN
1:00PM - 2:00PM

HATHA BEGINNER
ZIN
2:15PM - 3:15PM

ALIGN YOGA
ALICE L
3:30PM - 4:30PM

POWER YOGA
ALICE L
4:45PM - 5:45PM

YIN YOGA
ALICE L
6:00PM - 7:00PM

SUNDAY

28 JUL

PRIVATE
HATHA STRETCH
KELLY
8:00AM - 9:00AM

PRIVATE
DETOX FLOW
KELLY
9:05AM - 10:05AM

YOGA BARRE
APRIL
10:30AM - 11:30AM

DETOX VINYASA
T SAVITA
11:00AM - 12:00PM

MAT PILATES
APRIL
11:45AM - 12:45PM

YOGA STRETCH
T SAVITA
12:05PM - 1:05PM

YOGA STRETCH
GUNITA
1:00PM - 2:00PM

HATHA FLOW
JILL C
2:15PM - 3:15PM

DETOX TWIST
JILL C
3:30PM - 4:30PM

YOGA STRETCH
MICHIKO
3:30PM - 4:30PM

-SPECIALTY-
FLOATING
SOUND BATH
JESSLYN L
5:15PM - 6:30PM

MONDAY

29 JUL

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

HATHA YOGA
MASTER SHRI
11:05AM - 12:05PM

PRIVATE
WHEEL YOGA
JO
7:00PM - 8:00PM

DETOX TWIST
RAI
8:15PM - 9:15PM

TUESDAY

30 JUL

VINYASA FLOW
DAISY N
8:00AM - 9:00AM

PRIVATE
BODY OPENING
KELLY
6:40PM - 7:40PM

NECK & SHOULDER
RELEASE
MASTER SHRI
7:05PM - 8:05PM

PRIVATE
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

CORE YOGA
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

31 JUL

HATHA FLOW
JOEY
9:00AM - 10:00AM

SCULPT & TONE
T BHAWNA
10:00AM - 11:00AM

DEEP STRETCH
T BHAWNA
11:05AM - 12:05PM

PRIVATE
VINYASA FLOW
MANDY
6:30PM - 7:30PM

YOGA FOR TIGHT
HIP & HAMSTRINGS
MASTER SHRI
7:00PM - 8:00PM

PRIVATE
HATHA FLOW
MANDY
7:45PM - 8:45PM

BREATHWORK &
MEDITATION
MASTER SHRI
8:05PM - 9:05PM

