

Monday

Hot Yoga with Lori Blackmore	9:00 AM	Vinaysa Yoga with Amanda Santana	4:45 PM
Restorative Yoga with Evelyn Waggoner	12:30 PM	YogiFit with Taryn Sweeney	6:00 PM
Hot Yoga with Janet H	4:30 PM	Hot Yoga with Tisha Mendiola Jessop	6:15 PM

Tuesday

YogiFit with Taryn Sweeney	8:30 AM	Vinaysa Yoga with Suzanne Mariska	5:30 PM
Hot Yoga with Robert Tanis	1:30 PM	Hot Yoga with Robert Tanis	5:45 PM

Wednesday

Hot Vinyasa with Ari Morgart	8:30 AM	YogiFit with Taryn Sweeney	5:45 PM
Chair Yoga with Suzanne Mariska	11:00 AM	Hot Yoga with Taryn Sweeney	6:15 PM
Hot Yoga with Janet H	4:30 PM		

Thursday

Vinyasa Yoga with Holly Sciorra	8:30 AM	Gentle Yoga with Lisa Troisi	4:30 PM
Hot Yoga with Lori Blackmore	9:00 AM	Hot Power Fusion with Sarah Sullivan	5:45 PM
Hot Yoga with Janet H	1:30 PM	Free Community Hot Yoga with The Phoenix Group	7:15 PM

Friday

Hot Yoga with Taryn Sweeney	9:00 AM	Hot Yoga with Janet H	4:30 PM
--------------------------------	---------	--------------------------	---------

Vinyasa Yoga
with Susan Searle 4:30 PM

Saturday

Hot Yoga 9:00 AM YogiFit 11:00 AM
with Rotating Teacher with Amanda Sheble

Vinyasa Yoga 9:30 AM Hot Yoga 2:00 PM
with Amanda Santana with Jeff Nelson

Sunday

Hot Yoga 9:00 AM Gentle Yoga for Mobility 5:00 PM
with Janet H with Morgen Thomas

Vinyasa Yoga 11:00 PM Candle Light Hot Yoga 5:45 PM
with Janet H with Taryn Sweeney

Hot Power Fusion 4:00 PM
with Taryn Sweeney