

Monday

Hot Yoga with Rita Ann	9:00 AM	YogiFit with Taryn Sweeney	6:00 PM
Hot Yoga with Evelyn Waggoner	4:30 PM	Hot Yoga with Tisha Mendiola Jessop	6:15 PM
Vinaysa Yoga with Amanda Santana	4:45 PM		

Tuesday

YogiFit with Taryn Sweeney	8:30 AM	Hot Yoga with Robert Tanis	5:45 PM
Hot Yoga with Robert Tanis	1:30 PM	The Burlesque Werkout with Mr. Valdez	6:45 PM *starts 1/7/25
Vinaysa Yoga with Suzanne Mariska	5:30 PM		

Wednesday

Hot Vinyasa with Ari Brewer	8:30 AM	YogiFit with Taryn Sweeney	5:45 PM
Chair Yoga with Suzanne Mariska	11:00 AM	Hot Yoga with Jeff Nelson	6:15 PM
Hot Yoga with Ari Brewer	4:30 PM		

Thursday

Vinyasa Yoga with Paul Morris	8:30 AM	Gentle Yoga with TBA	5:30 PM *Starts 1/2/25
Hot Yoga with Evelyn Waggoner	9:00 AM	Hot Power Fusion with Sarah Sullivan	5:45 PM
Hot Yoga with Paul Morris	4:00 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

90 Minute Hot Yoga
with Rita Ann

9:00 AM

YogiFit
with Amanda Sheble

11:00 AM

Vinyasa Yoga
with Amanda Santana

9:30 AM

Hot Yoga
with Jeff Nelson

2:00 PM

Sunday

Hot Yoga
with Janet H

9:00 AM

Gentle Yoga for Mobility
with Morgen Thomas

5:00 PM

Vinyasa Yoga
with Janet H

11:00 PM

Candle Light Hot Yoga
with Taryn Sweeney

5:45 PM

Hot Power Fusion
with Taryn Sweeney

4:00 PM