

weekly class schedule

class time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
9:30 am	Power Yoga	All Level Vinyasa	Power Yoga	Restorative Yoga	Power Yoga	Power Yoga	All Level Vinyasa
10:45 am							Meditation
6:00 pm	All Level Vinyasa	Power Yoga	Slow Flow Yoga	Power Yoga			
7:30 pm		Budokon					

* all yoga classes are 75 minutes & all budokon classes are 60 minutes.

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