

*Effective 10/1/26. Schedule is subject to change. Please visit <https://www.praxisyoga.com/class-schedule>, or use the MBO app to see the most current schedule. This does not reflect holiday schedules or cancellations due to weather. We typically follow D11's weather delay schedule. This PDF can be used as a reference when those are not working. In the event that online booking is broken, feel free to come to class and we'll get you a spot

Monday

Hot Yoga with Evelyn Waggoner	8:30 AM	YogiFit with Taryn Sweeney	6:00 PM
Hot Yoga with Rita Ann	1:30 PM	Hot Yoga with Tisha Mendiola Jessop	6:15 PM
Vinyasa Yoga with Amanda Santana	4:45 PM		

Tuesday

YogiFit with Emily Nowlan	8:30 AM	Vinyasa Yoga with Suzanne Mariska	5:30 PM
Hot Yoga with Rita Ann	8:30 AM	Hot Yoga with Robert Tanis	5:45 PM
Hot Yoga with Robert Tanis	1:30 PM	The Burlesque Workout with Mr. Valdez	6:45 PM

Wednesday

Hot Vinyasa with Ari Morgart	8:30 AM	Hot Yoga with Evelyn Waggoner	4:30 PM
Online YogiFit with Amber Willems	9:00 AM	YogiFit with Jillayne Collins	6:00 PM
Gentle Yoga with Ari Morgart	10:30 AM	Hot Yoga with Paull Morris	6:15 PM
Vinyasa Yoga with Amanda Santana	1:30 PM		

Thursday

YogiFit with Emily Nowlan	8:30 AM	Gentle Yoga with TBA	5:30 PM
Hot Yoga	9:00 AM	Advanced Hot Power Fusion	6:00 PM

with Evelyn Waggoner

Hot Yoga

with Paul Morris

1:30 PM

with Sarah Sullivan

Free Community Hot Yoga

with The Phoenix Group

7:30 PM

Friday

Hot Yoga

with Taryn Sweeney

9:00 AM

Hot Yoga

with Janet H

4:30 PM

Online Pilates

with Amber Willems

9:00 AM

Vinyasa Yoga

with Susan Searle

4:30 PM

Restorative Yoga

with Rita Ann

10:30 AM

Saturday

Hot Yoga

with Rita Ann

9:00 AM

Hot Yoga

with Jeff Nelson

2:00 PM

Vinyasa Yoga

with Amanda Santana

9:30 AM

Vinyasa

with Jeff Nelson

4:00 PM

YogiFit

with Taryn Sweeney

11:00 AM

Sunday

Hot Yoga

with Janet H

9:00 AM

Hot Vinyasa

with TBA

4:00 PM

Vinyasa Yoga

with Jillayne Collins

9:30 AM

Gentle Yoga for Mobility

with Morgen Thomas

5:00 PM

YogiFit

with Janet H

11:00 AM

Candle Light Hot Yoga

with Taryn Sweeney

5:45 PM