

*Effective 1/1/26. 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	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
Vinyasa Yoga with Suzanne Mariska	5:30 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 Jeff Nelson	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	Hot Vinyasa	6:00 PM

with Evelyn Waggoner

with Paul Morris

Hot Yoga

4:30 PM

Free Community Hot Yoga

7:30 PM

with Paul Morris

with The Phoenix Group

Friday

Hot Yoga

9:00 AM

Hot Yoga

4:30 PM

with Taryn Sweeney

with Janet H

Online Pilates

9:00 AM

Vinyasa Yoga

4:30 PM

with Amber Willems

with Susan Searle

Restorative Yoga

10:30 AM

with Rita Ann

Saturday

Hot Yoga

9:00 AM

YogiFit

11:00 AM

with Rita Ann

with Taryn Sweeney

Vinyasa Yoga

9:30 AM

Hot Yoga

2:00 PM

with Amanda Santana

with Jeff Nelson

Vinyasa

4:00 PM

with Jeff Nelson

Sunday

Hot Yoga

9:00 AM

Gentle Yoga for Mobility

5:00 PM

with Janet H

with Morgen Thomas

Vinyasa Yoga

9:30 AM

Candle Light Hot Yoga

5:45 PM

with Jillayne Collins

with Taryn Sweeney

Hot Vinyasa

4:00 PM

with TBA