

*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

Hot Yoga

4:30 PM

with Paul Morris

with Paul Morris

Free Community Hot Yoga

7:30 PM

with The Phoenix Group

Friday

Hot Yoga

9:00 AM

with Taryn Sweeney

Hot Yoga

4:30 PM

with Janet H

Online Pilates

9:00 AM

with Amber Willems

Vinyasa Yoga

4:30 PM

with Susan Searle

Restorative Yoga

10:30 AM

with Rita Ann

Saturday

Hot Yoga

9:00 AM

with Rita Ann

YogiFit

11:00 AM

with Taryn Sweeney

Vinyasa Yoga

9:30 AM

with Amanda Santana

Hot Yoga

2:00 PM

with Jeff Nelson

Vinyasa

4:00 PM

with Jeff Nelson

Sunday

Hot Yoga

9:00 AM

with Janet H

Gentle Yoga for Mobility

5:00 PM

with Morgen Thomas

Vinyasa Yoga

9:30 AM

with Jillayne Collins

Candle Light Hot Yoga

5:45 PM

with Taryn Sweeney

Hot Vinyasa

4:00 PM

with TBA