

\*Effective 7/1/25. 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 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<br>with Rita Ann        | 7:00 AM | Vinyasa Yoga<br>with Amanda Santana    | 4:45 PM |
| Hot Yoga<br>with Rita Ann        | 9:00 AM | YogiFit<br>with Taryn Sweeney          | 6:00 PM |
| Hot Yoga<br>with Evelyn Waggoner | 4:30 PM | Hot Yoga<br>with Tisha Mendiola Jessop | 6:15 PM |

## Tuesday

|                                      |         |  |         |
|--------------------------------------|---------|--|---------|
| YogiFit<br>with Emily Nowlan         | 8:30 AM | Hot Yoga<br>with Robert Tanis            | 5:45 PM |
| Hot Yoga<br>with Robert Tanis        | 1:30 PM | The Burlesque Workout<br>with Mr. Valdez | 6:45 PM |
| Vinyasa Yoga<br>with Suzanne Mariska | 5:30 PM |  |         |

## Wednesday

|                                    |          |                                  |         |
|------------------------------------|----------|----------------------------------|---------|
| Hot Yoga<br>with Ari Brewer        | 7:00 AM  | Hot Yoga<br>with Evelyn Waggoner | 4:30 PM |
| Hot Vinyasa<br>with Ari Brewer     | 8:30 AM  | YogiFit<br>with Jillayne Collins | 6:00 PM |
| Chair Yoga<br>with Suzanne Mariska | 11:00 AM | Hot Yoga<br>with Jeff Nelson     | 6:15 PM |

## Thursday

|                                  |         |   |         |
|----------------------------------|---------|---|---------|
| YogiFit<br>with Emily Nowlan     | 8:30 AM | Gentle Yoga<br>with TBA                           | 5:30 PM |
| Hot Yoga<br>with Evelyn Waggoner | 9:00 AM | Hot Vinyasa<br>with Paul Morris                   | 6:00 PM |
| Hot Yoga<br>with Paul Morris     | 4:30 PM | Free Community Hot Yoga<br>with The Phoenix Group | 7:30 PM |

## Friday

Hot Yoga  
with Taryn Sweeney

9:00 AM

Hot Yoga  
with Janet H

4:30 PM

Restorative Yoga  
with Rita Ann

10:30 AM

Vinyasa Yoga  
with Susan Searle

4:30 PM

## Saturday

Hot Yoga  
with Rita Ann

9:00 AM

YogiFit  
with Taryn Sweeney

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 Jillayne Collins

9:30 AM

Candle Light Hot Yoga  
with Taryn Sweeney

5:45 PM

Hot Vinyasa  
with TBA

4:00 PM