

*Effective 10/1/25. 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 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 Yoga with Ari Brewer	7:00 AM	Hot Yoga with Evelyn Waggoner	4:30 PM
Hot Vinyasa with Ari Brewer	8:30 AM	YogiFit with Jillayne Collins	6:00 PM
Chair Yoga with Suzanne Mariska	11:00 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 with Evelyn Waggoner	9:00 AM	Hot Vinyasa with Paul Morris	6:00 PM

Hot Yoga
with Paul Morris

4:30 PM

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

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