

Monday

Hot Yoga with Lori Blackmore	9:00 AM	YogiFit with Taryn Sweeney	6:00 PM
Restorative Yoga with Rita Ann	12:30 PM	Hot Yoga with Tisha Mendiola Jessop	6:15 PM
Hot Yoga with Janet H	4:30 PM	Community Care Gentle Yoga with Morgen Thomas	7:15 PM
Vinaysa Yoga with Amanda Santana	4:45 PM		

Tuesday

YogiFit with Taryn Sweeney	8:30 AM	Vinaysa Yoga with Suzanne Mariska	5:30 PM
Hot Yoga with Robert Tanis	1:30 PM	Hot Yoga with Robert Tanis	5:45 PM

Wednesday

Hot Vinyasa with Ari Morgart	8:30 AM	Hot Yoga with Janet H	4:30 PM
Hot Yoga with Ari Morgart	10:00 AM	YogiFit with Taryn Sweeney	5:45 PM
Chair Yoga with Suzanne Mariska	11:00 AM	Hot Yoga with Taryn Sweeney	6:15 PM

Thursday

Hot Yoga with Lori Blackmore	9:00 AM	Hot Power Fusion with Sarah Sullivan	5:45 PM
Hot Yoga with Janet H	1:30 PM	Free Community Hot Yoga with The Phoenix Group	7:15 PM
Gentle Yoga with Lisa Troisi	4:30 PM		

Friday

Hot Yoga
with Taryn Sweeney

9:00 AM

Hot Yoga
with Janet H

4:30 PM

Vinyasa Yoga
with Susan Searle

4:30 PM

Saturday

Hot Yoga
with Rotating Teacher

9:00 AM

YogiFit
with Amanda Sheble

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

Ashtanga REmix
with Emily WilterDink

4:30 PM

Vinyasa Yoga
with Janet H

11:00 PM

Candle Light Hot Yoga
with Taryn Sweeney

5:45 PM

90 Min Hot Yoga
with Rita Ann

1:30 PM

Restorative Yoga
with Emily WilterDink

6:00 PM

Hot Power Fusion
with Taryn Sweeney

4:00 PM