

SALT YOGA

studio schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	HEATED PILATES (7.15)	HEATED VINYASA FLOW (6.30)	HEATED BARRE (7.15)	BALANCE FLOW (6.30)		VINYASA FLOW (8.00)
PILATES (8.30)	VINYASA FLOW (9.00)	HEATED SALT FLOW (9.30)	VINYASA FLOW (9.00)	HEATED PILATES (9.30)	LOREN YOGA (9.30)	AZURA YOGA (9.00)
LOREN YOGA (9.30)	LOREN YOGA (9.30)	BALANCE FLOW (12.15)	SALT FLOW (10.30)	SALT FLOW (12.15)	FLOW + RESTORE (10.00)	LOREN YOGA (9.30)
HEATED SALT FLOW + NIDRA (10.00)	YANG (12.30)	HEATED VINYASA FLOW (1.15)	SLOW FLOW (12.30)	HEATED YIN (1.15)	SLOW FLOW (12.15)	ADVANCED FLOW (9.30)
HOT 26 + 2 (11.30)					HEATED YANG (1.15)	HANDSTANDS (11.00)
	ADVANCED FLOW (5.30)	VINYASA FLOW (4.30)	REFORMER ON THE MAT (5.30)	HOT 26 + 2 (5.30)	\$5 FLOW (4.00)	
	HEATED CANDLELIT YIN (7.00)	CANDLELIT SLOW FLOW (6.00)	HEATED PILATES STRETCH (7.00)	CANDLELIT HATHA (7.00)	HEATED VINYASA FLOW (5.30)	