

SALT YOGA

studio schedule

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