

SALTYOGA

studio schedule

| SUN | MON | TUES | WEDS | THURS | FRI | SAT |
|----------------------------------|-----------------------------|---------------------------------|---------------------------------|----------------------------|----------------------------|----------------------|
| | HEATED VINYASA FLOW (6.30) | HEATED PILATES (7.15) | HEATED VINYASA FLOW (6.30) | 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 + NIRDA (10.00) | HEATED YANG (12.30) | HEATED VINYASA FLOW (1.15) | | HEATED SLOW FLOW (1.15) | HEATED PILATES (12.15) | ADVANCED FLOW (9.30) |
| 26 + 2 (11.30) | HEATED VINYASA FLOW (4.00) | | HEATED VINYASA FLOW (4.00) | | YANG (1.15) | HANDSTANDS (11.00) |
| | ADVANCED FLOW (5.30) | SLOW FLOW + NIDRA (5.30) | HEATED CANDLELIT PILATES (5.30) | 26 + 2 (5.30) | \$5 FLOW (4.00) | |
| | HEATED CANDLELIT YIN (7.00) | CANDLELIT FLOW + RESTORE (7.00) | AZURA YOGA (6.00) | CANDLELIT SLOW FLOW (7.00) | HEATED VINYASA FLOW (5.30) | |