

SALT YOGA

studio schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	HEATED VINYASA FLOW (6.30)	HEATED SLOW FLOW (7.15)	HEATED VINYASA FLOW (6.30)	HEATED SALT FLOW (7.15)	HEATED SLOW FLOW (6.30)	VINYASA FLOW (8.00)
PILATES (8.30)	HEATED VINYASA FLOW (9.00)	HEATED SALT FLOW + NIDRA (9.30)	HEATED VINYASA FLOW (9.00)	HEATED PILATES (9.30)	FLOW + RESTORE (9.00)	AZURA YOGA (9.00)
LOREN YOGA (9.30)	HEATED YANG (12.30)	SALT FLOW (12.15)	SLOW FLOW (12.30)	VINYASA FLOW (12.15)	HEATED PILATES (12.15)	ADVANCED FLOW (9.30)
HEATED SALT FLOW + NIRDA (10.00)		HEATED VINYASA FLOW (1.15)		HEATED SLOW FLOW (1.15)	YANG (1.15)	
26 + 2 (11.30)	HEATED VINYASA FLOW (4.00)		HEATED SALT FLOW (4.00)		\$5 FLOW (4.00)	
FOCUSED FLOW (5.00)	ADVANCED FLOW (5.30)	CANDLELIT SLOW FLOW (5.30)	CANDLELIT HEATED PILATES (5.30)	26 + 2 (5.30)	HEATED VINYASA FLOW (5.30)	
	HEATED YIN (7.00)	FLOW + RESTORE (7.00)		CANDLELIT SLOW FLOW (7.00)		