

Holiday Class Schedule

Dec 27th

Wednesday

8:30 Hatha Flow
75mins Hanako

10:30 Slow Flow
60mins Rie

16:00 Hatha Yoga
60mins Yumi

Dec 28th

Thursday

8:30 Hatha Flow
75mins Yumi

10:30 Slow Flow
60mins Rie

16:00 Vinyasa
60mins Hanako

Dec 29th

Friday

8:30 Hatha Yoga
75mins Hanako

10:30 Vinyasa
60mins Rie

16:00 Hatha Flow
60mins Yumi

Dec 30th

Saturday

8:30 Vinyasa
75mins Zen

10:30 Hatha Yoga
60mins Yumi

16:00 Flow & Meditate
60mins Namita

Dec 31st

Sunday

OFF

Jan 1st

Monday

14:00 Sun Salutation
Namita

Jan 2nd

Tuesday

10:30 Hatha Yoga
60mins Namita

16:00 Flow & Meditate
60mins Namita

Jan 3rd

Tuesday

10:30 Hatha Yoga
60mins Namita

16:00 Hatha Flow
60mins Hanako

