



## WEEKLY YOGA SCHEDULE

### MONDAY

10:00 Movement as  
Medicine with Vuyo

18:00 Moving Meditation  
Slow Flow with Caitlin

### TUESDAY

09:00 Absolute Beginner  
Yoga with Caitlin

17:30 Yinyasa with Candice

### WEDNESDAY

17:30 Hot Vinyasa or Hot26  
with Candice

### THURSDAY

08:30 Yin Yoga with Karen

15:00 Kids Yoga with Karen

18:00 Intermediate Flow  
with Jax

### SATURDAY

09:00 Intermediate Flow  
with Jax

### SUNDAY

09:15 Sunday Reset With  
Karen