



WEEKLY YOGA SCHEDULE

MONDAY

10:00 Movement as
Medicine with Vuyo

17:30 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