



WEEKLY YOGA SCHEDULE

MONDAY

10:00 Movement as
Medicine with Vuyo

18:00 Vinyasa Flow
with Jax

TUESDAY

06:45 Morning Flow
with Karen

08:15 Morning Flow
with Karen

17:30 Strength for
Yoga with Candice

WEDNESDAY

09:00 Free Midweek
Mindful Reset with
Candice

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