

Class Schedule	
Day	Class
Monday	9:00am 4:30pm 6:30pm 8:30pm*
Tuesday	5:30am 9:00am 12:00pm* 5:30pm 7:30pm
Wednesday	9:00am 4:30pm 6:30pm 8:30pm**
Thursday	5:30am 9:00am 12:00pm* 5:30pm 7:30pm
Friday	5:30am 9:00am 4:30pm 6:30pm
Saturday	7:00am 9:00am 11:00am**

\*Denotes a Bikram Power Hour Class

\*\* Denotes a Hot Pilates Class

To honor all, classes start on time. You must be in class before the starting time to practice. The yoga studio is open a half hour before and after each class.