



yogaspacemounthoreb.com

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MON

- 6-7a □ Power Flow
  - 9-10:15a □ Mindfulness Movement 75
  - 9:30-10:30a □ Mat Pilates
  - 10:30-11:45a □ Yoga for EveryBODY 75
  - 4:30-5:45p □ Strength & Balance 75
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TUES

- 6-7a □ Yin
  - 8-9a □ Slow & Strong
  - 9:30-10:30a □ Yoga Fusion (*starts 9/24*)
  - 4:30-5:15p □ Yoga Fusion Express
  - 5:30-6:30p □ Barre
  - 6-7p □ Candlelight Slow Flow
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WED

- 6-6:45a □ Yoga Fusion Express
  - 9-10a □ Yin Flow
  - 10:30-11:45a □ Yoga for EveryBODY 75
  - 4-4:45p □ Mind & Body Yoga for Tweens/Teens
  - 4:30-5:30p □ Cardio Barre
  - 6-7p □ Yin
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THURS

- 6-7a □ Yin Flow
  - 9-10a □ Slow Flow
  - 9:30-10:30a □ Mat Pilates
  - 4-5:15p □ Integrative Yoga I (*starts 11/7*)
  - 4:30-5:30p □ Mat Pilates
  - 5:30-6:45p □ Integrative Yoga II (*starts 11/7*)
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FRI

- 6-7a □ Power Flow
  - 8-9a □ Slow & Strong
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SAT

- 8:30-9:45a □ Teacher's Choice 75
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SUN

- 9-10:30a □ Hatha Flow 90