



RATES

SUNDAY

9:30 am - All Levels Karma Class Donations only*
 5:30 pm - SOL Power Haley
 7:00 pm - Restorative Yoga Brent

MONDAY

9:30 am - Yoga Basics Sabrina
 5:30 pm - Gentle Yoga Sabrina
 7:00 pm - All levels Flow Erin Y.

TUESDAY

9:30 am - Strong Flow Erin H.
 10:00am - Gentle Yoga Erin Y. (Nov. 13)
 5:30 pm - 5\$ Basics/Cash Only Aunnie
 7:00 pm - Strong Core Flow Aunnie/Haley

WEDNESDAY

9:30 am - Yoga Basics Suzanne
 5:30 pm - Yoga Basics (Starts November)
 6:00 pm - Power Yoga Sabrina
 7:00 pm - Restorative Yoga Erin Y.

THURSDAY

9:30 am - Strong Flow Aunnie
 5:30 pm - Gentle Yoga Suzanne
 6:30 pm - Strong Flow Candlelit (Starts Nov. 1st)

FRIDAY

9:30 am - Yoga Basics Suzanne
 11:00 am - Gentle Yoga Rachel
 5:30 pm - 5\$ Basics/Cash Only Suzanne
 7:00pm - Funky Music Flow Haley

SATURDAY

9:00 am - Yoga Basics Suzanne
 10:30-11:30 10/20 Yoga for Beginners Suz
 10:30-11:30 10/27 Advanced Alignment Suz

INTRO PASS

\$20/3weeks

DROP IN PASSES

One Time \$16
 Full Time Students \$8
 8 CLASS PASS \$96

MONTHLY UNLIMITED PASSES

6 Month Pass
 \$99 w/6 mo. autopay + perks

12 mo. Month Pass
 \$88 w/12 mo. autopay + perks

\$5 CLASSES/cash only
 Tue/Fri 5:30pm

KARMA CLASS

Donation only class with
 our newest teachers.

** Donations are greatly appreciated and go directly to the teacher. If unable to donate, please feel free to come and lend moral support!*

Sundays 9:30am

SIGNING UP FOR CLASSES
 with the MindBodyOnline App.
 to save time

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