

Class Schedule

Sunday

9:30 am
Flow + Stretch
(75min)
with Dina

4:15pm
Therapeutic Hot
Yoga
with Casey

5:45pm
Hot Series II
with Cassie

Monday

6:00am
Hot Power
with Emily

4:15pm
Yin yoga
with Koryn

5:45pm
Flow & Fly
with Kendra &
Lee Anne

7:15pm
Power & Core
with Cassie

Tuesday

9:15am
Fusion Flow
with Lee Anne

4:15pm
Zen Flow
with Sabrina

5:45pm
Slow Flow
with Dina

7:30pm
Funky Flow
with Lee Anne

Wednesday

6:00am
Hot Power
with Emily

9:15am
Hot Series I
with Sabrina

4:15pm
Active Stretch
with Kendra

5:45pm
Hot Series I
with Bridget

7:15pm
Trap Yoga
with Sabrina

Thursday

10:45am
Vinyasa
with Koryn

4:15pm
Healthy
Spine/Hips
with Kendra

5:45pm
Gentle Flow
with Dina

7:30pm
Hot Series II
with Cassie

Friday

9:15am
Flow & Restore
with Lee Anne

5:30pm
Yin Yoga
with Dina



7:00pm
Yoga + Pilates
with Casey

Saturday

9:15am
Hot Power
with Casey

10:45am
Deep Stretch
with Kendra

Class Heat

 **105 °F**
 **40**

Class Heat

 **75 °F**

A H A V A
Y O G A S T U D I O

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*schedule subject to change.