



JUNE 2024 CLASS SCHEDULE

MON	TUES	WEDS	THURS	FRI	SUN
	930-1030a		930-1045a		11-1215p
	BASICS Tia		EXPANSION* Tia		COMMUNITY EVENT - 6/30 Tia
430-515p	430-515p		5-525p	430-515p	1230-1255p
CORE Diana	FLOW Claire		GET WARM Claire/Liv	FLOW Liv	GET WARM Liv/Donia

NEW CLASS!

GET WARM 20 min led warm-up that includes joint mobility for the ankles/wrists, hips, shoulders, and spine with agility exercises to get you moving!

CLASS KEY

BASICS is a beginner-friendly yoga class; no experience necessary.

CORE and **FLOW** yoga classes are open to those with 6 months of experience.

EXPANSION yoga class is a 75-min intermediate level; open to students with 1+ yrs experience who are comfortable learning the stages of backbends and inversions.