

CLASS SCHEDULE

EFFECTIVE MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM Hot Yoga Giva Wilkerson	9:30 AM Hot Yoga Adam Delia	9:30 AM Vinyasa Mi Han Chiu	9:30 AM Hot Yoga Adam Delia	9:30 AM Dharma Yoga Yashmani Seepaul	9:30 AM Hot Yoga 26+2 Marion Dela Pena	8:30 AM Warm Vinyasa Mi Han Chiu
9:00 AM Flow & Restore Anne Dorobis	12:00 PM Lunch Express Sabrina Lekaj		12:00 PM Lunch Express Giva Wilkerson		12:00 PM Lunch Express Adam Delia	9:00 AM Vinyasa Charles Wharton
10:30 AM Hot Yin Yoga Susie Concelmo						10:30 AM Release & Recharge Mi Han Chiu
12:00 PM Dharma Yoga Joneil Adriano	5:30 PM Vinyasa Adam Delia	5:30 PM Dharma Wheel Yashmani Seepaul	5:30 PM Yin & Flow Yashmani Seepaul	5:30 PM Back to Basics Maggie Poje	6:30 PM Hot Yoga Sabrina Lekaj	10:30 AM Hot Yoga Denise LaPointe
	6:30 PM Hot Yoga 26+2 Marion Dela Pena	6:30 PM Warm Vinyasa Giva Wilkerson	6:30 PM Warm Vinyasa Joneil Adriano	6:30 PM Hot Yin Mi Han Chiu	6:30 PM Vinyasa Neelu Kaur	12:15 PM Core Fusion Yoga Denise LaPointe
BOOK NOW 	7:00 PM Flow & Restore Mi Han Chiu	7:00 PM Vinyasa Yashmani Seepaul	7:00 PM Vinyasa Mi Han Chiu	7:00 PM Vinyasa Maggie Poje		
	8:00 PM Hot Yoga Joneil Adriano	8:00 PM Hot Yoga Denise LaPointe	8:00 PM Hot Yoga Denise LaPointe	8:00 PM Warm Vinyasa John Fitzpatrick		

SUBJECT TO CHANGE DUE TO TEACHER AVAILABILITY

RATES & PRICES

EFFECTIVE MARCH 2022

MEMBERSHIP	MONTHLY FEE	IN-PERSON CLASSES	UNLIMITED LIVESTREAM	ON-DEMAND LIBRARY	2 GUEST PASSES	FREE MAT STORAGE	TOWEL & MAT RENTAL	WORKSHOP DISCOUNTS	CANCEL ANYTIME	CANCEL FEE
INDIGO	\$145	Unlimited	✓	✓	✓	✓	✓	✓	✓	\$50
BLUE	\$125	15	✓	✓	✓	✓	✓	✓	✓	\$50
GREEN	\$109	8	✓	✓	✓	✓	✓	✓	✓	\$50
DIGITAL	\$95	0	✓	✓	✓		✓	✓	✓	\$50

CLASS PACK	PRICE	EXPIRATION	IN PERSON CLASSES	LIVESTREAM CLASSES	ON-DEMAND LIBRARY
15 CLASSES	\$225	120 Days	✓	✓	✓
10 CLASSES	\$180	90 Days	✓	✓	✓
5 CLASSES	\$105	60 Days	✓	✓	✓
DROP-IN	\$25	N/A	✓	✓	✓

RENTALS	PRICE
YOGA MAT	\$3
YOGA MAT TOWEL	\$2
REGULAR TOWEL	\$3

BEVERAGES	PRICE
JUST WATER SPRING WATER	\$3
COCONUT WATER (LARGE)	\$3
COCONUT WATER (SMALL)	\$2