

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	APRIL IS = in-studio only	1. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	2. Core + Mobility 6:30-7:30 pm	3. Warm HathaYASA 9:30 - 10:30 am Warm Somatic Yoga 5:30 - 6:30 pm DONATION BASED Hot Vinyasa Flow 7-8:15 pm	4. Restorative Yoga 6:30 - 7:45 pm	5. Restow (Gentle Flow + Restorative) 8:30-9:30 am
6. Hot Vinyasa Flow 10 - 11:15 am Prenatal Yoga 11:30 - 12:30 Candlelit Yin 7 - 8 pm	7.	8. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	9. Core + Mobility 6:30-7:30 pm	10. Warm HathaYASA 9:30 - 10:30 am Warm Somatic Yoga 5:30 - 6:30 pm DONATION BASED Hot Vinyasa Flow 7-8:15 pm	11. Restorative Yoga 6:30 - 7:45 pm	12. Restow (Gentle Flow + Restorative) 8:30-9:30 am
13. Hot Vinyasa Flow 10 - 11:15 am Prenatal Yoga 11:30 - 12:30 THAI NIDRA 1:30 - 3:30 pm Candlelit Yin 7 - 8 pm	14.	15. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	16. Core + Mobility 6:30-7:30 pm	17. Warm HathaYASA 1:30 - 2:30 pm Warm Somatic Yoga 5:30 - 6:30 pm COMMUNITY KARMA Hot Vinyasa Flow (IS) 7-8:15 pm	18. Restorative Yoga 6:30 - 7:45 pm	19. Restow (Gentle Flow + Restorative) 8:30-9:30 am
20. HAPPY EASTER	21.	22. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	23. Core + Mobility 6:30-7:30 pm	24. Warm HathaYASA 1:30 - 2:30 pm Warm Somatic Yoga 5:30 - 6:30 pm DONATION BASED Hot Vinyasa Flow 7-8:15 pm	25. Restorative Yoga 6:30 - 7:45 pm	26. Restow (Gentle Flow + Restorative) 8:30-9:30 am
27. Hot Vinyasa Flow 10 - 11:15 am Prenatal Yoga 11:30 - 12:30 Candlelit Yin 7 - 8 pm	28.	29. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	30. Core + Mobility 6:30-7:30 pm			