

MONDAY

7:00 am Hatha Yoga
8:30 am Vinyasa Yoga
10:00 am Intermediate/Power Yoga
11:30 am Meditation and Breathwork
1:30 pm Gentle Flow/Restore Yoga
3:00 pm Yoga Nidra
5:00 pm Hatha Yoga
6:30 pm Gentle Flow/Restore Yoga

TUESDAY

7:00 am Hatha Yoga
8:30 am Gentle Flow/Foam Rolling
10:00 am Core & Glutes
11:30 am Vinyasa Yoga
1:30 pm Gentle Flow/Restore Yoga
3:00 pm Gentle Flow/Foam Rolling
5:00 pm Vinyasa Yoga
6:30 pm Gentle Flow/Restore Yoga

WEDNESDAY

7:00 am Vinyasa Yoga
8:30 am Vinyasa Yoga
10:00 am Gentle Yoga/Foam Rolling
11:30 am Vinyasa Yoga
1:30 pm Gentle Flow/Restore Yoga
3:00 pm Vinyasa Yoga
5:00 pm Intermediate/Power Yoga
6:30 pm Vinyasa Yoga

THURSDAY

7:00 am Hatha Yoga
8:30 am Gentle Flow/Foam Rolling
10:00 am Vinyasa Yoga
11:30 am Intermediate/Power Yoga
1:30 pm Hatha Yoga
3:00 pm Gentle Flow/Restore Yoga
5:00 pm Sola Stikk Yoga
6:30 pm Gentle Flow/Restore Yoga

FRIDAY

7:00 am Vinyasa Yoga
8:30 am Vinyasa Yoga
10:00 am Intermediate/Power Yoga
11:30 am Vinyasa Yoga
1:30 pm Gentle Flow/Restore Yoga
3:00 pm Vinyasa Yoga
5:00 pm Full Body Burn
6:30 pm Gentle Flow/Foam Rolling

SATURDAY

7:00 am Vinyasa Yoga
8:30 am Hatha Yoga
10:00 am Gentle Flow/Foam Rolling
11:30 am Vinyasa Yoga
1:30 pm Hatha Yoga
3:00 pm Gentle Flow/Restore Yoga
5:00 pm Vinyasa Yoga
6:30 pm Gentle Flow/Restore Yoga

SUNDAY

7:00 am Vinyasa Yoga
8:30 am Gentle Flow/Restore Yoga
10:00 am Vinyasa Yoga
11:30 am Intermediate/Power Yoga
1:30 pm Gentle Flow/Restore Yoga
3:00 pm Vinyasa Yoga
5:00 pm Vinyasa Yoga
6:30 pm Gentle Flow/Restore Yoga

YOGA

VINYASA YOGA

A flowing movement class to destress, revitalize your energy and center your spirit.

HATHA YOGA

A blend of both active and passive movements, this practice focuses on alignment within the body and breathing techniques.

INTERMEDIATE/POWER YOGA

A powerful yoga class of forward bending, twists, warrior poses, backbends with opportunity for inversions. This class will teach you to hold poses longer for a much richer experience.

GENTLE FLOW YOGA/FOAM ROLLING

A gentle yoga flow with a transition to rolling out tight muscles with our foam rollers.

GENTLE FLOW/RESTORATIVE YOGA

A slower paced class for rest & recovery with gentle movement and the support of various props.

MEDITATION & BREATHWORK

A mindful meditation to open the heart and mind through conscious control of the breath.

SOLA STIKK YOGA

A unique class that incorporates a wooden dowel to provide additional balance and support in yoga asanas, and to maximize the length, strength and functionality of each pose.

FULL BODY BURN

A strength and conditioning workout that enhances balance, stability and coordination through the development of core and body strength.

CORE & GLUTES

A fun, stress relieving way to burn calories.

A high-energy session that conditions muscles and targets the hips, thighs, glutes and core.

YOGA NIDRA

Translating to yogic sleep, a deep relaxation technique and form of guided meditation. It calms the mind, reduces fatigue, and expands self-awareness.

NOTICE

\$10 additional to any spa access or treatment.

Reservations required at least two hours prior to the start of class and by 9 pm for the following day's 7 am class.

Guest capacity is limited to 10 registered guests.

Classes may be altered or canceled due to unforeseen circumstances.

Reserved spots will be held for five minutes after the start of class before being offered to waitlisted guests.