



yes power yoga

Class Schedule

May

Monday

8:30-9:30 am Morning Motivation
6:30-7:30 pm Power Vinyasa Yoga*

Tuesday

8:30-9:30 am Yin Yoga
5:30-6:15 pm SOULfusion Express
6:30-7:30 pm Destress & Rest

Wednesday

8:30-9:30 am Chakra Flow Yoga*
5:30-6:15 pm Aerial Yoga
6:30-7:30 pm Power Vinyasa Yoga*

Thursday

5:30-6:15 am Practice with Me
**Online Only
5:30-6:15 pm Barre
6:30-7:30 pm Yin Yoga

Friday

8:30-9:30 am AstroFlow*

Saturday

9:00-10:00 am Power Vinyasa Yoga
10:15-11:00 pm Barre

Sunday

1:30-2:30 pm SOULfusion

*indicates studio and live stream options

Class Descriptions

Power Vinyasa - an hour of energizing, fast-paced vinyasa yoga flow. Great for all skill levels.

Chakra Flow - open your mind and chakras as you explore the subtle energy of the body

Aerial Yoga - feel weightless as you explore the possibilities of aerial yoga. This is yoga with a whole new perspective.

SOULfusion - find a mix of yoga, cardio and pilates at this blast of a class

Destress & Rest - slow down and enjoy a relaxing class as you let go of the stress of the day

Yin Yoga - your stop for deep relaxation & even deeper stretching

Barre - a blend of ballet, yoga & pilates. You'll love this low-impact, high-intensity class

AstroFlow - get in tune with the season as you explore the connection between the universe and you

Private Aerial - a fun private aerial experience for up to 10 people. Book for an adventure for friends or a different spin on a birthday party

Practice with Me - an online 45 min class from our home to yours