

MON

TUE

WED

THU

FRI

SAT

SUN

5:50 am

flow  
60 min (dp)

8:30 am

slow flow  
75 min (ah)

flow  
75 min (ams)

\$7 slow flow  
60 min (dp)

flow  
75 min (kf)

8:45 am

beginning flow  
75 min (dc)

8:45am

power flow  
75 min (ams)

10:00 am

barre  
55 min (ams)

10:30 am

\$7 chair  
50 min (mf)

12:00 pm

slow flow  
60 min (ah)

\$7 flow  
60 min (mm)

barre  
55 min (jd)

yin  
60 min (kf)

slow flow  
60 min (dk)

4:15 pm

barre  
55 min (sl)

\$7 barre  
55 min (tp)

sculpt  
55 min (dth)

5:30 pm

flow  
75 min (sl)

yin  
75 min (mm)

barre  
55 min (jd)

flow  
75 min (sl)

\$7 flow  
60 min (dk)

6:45 pm

pre/post natal  
yoga 75 mn (sbb)

7:00 pm

beginning  
flow  
60 min (mc)

yin  
60 min (dk)

7:00 pm

hot yoga  
60 min (mm)

8:30 am

flow  
75 min (sl)

8:45am

beginning flow  
60 min (mm)

slow flow  
75 min (dth)

10:00 am

power flow  
60 min (dp)

10:00 am

slow flow  
60 min (sl)

10:30 am

barre  
55 min (dth)

11:15 am

\$7 express  
barre  
45 min (mmw)

7:00 pm

candlelit  
relaxation  
65 min (mm)

teacher code :

- ah - alice / ams - amy / dc - daisy
- dth - dana / dk - delia / dp - deb
- jd - jamie / kf - katie / mc - mary
- mf - marie / mm - michelle / mmw - molly
- sbb - sarah / sl - shawnee / tp - thea

class descriptions on our website  
[www.heartworkyoga.com](http://www.heartworkyoga.com)

please arrive 10 minutes before class

you can register for classes  
using the mindbody app

