

Yoga & Meditation Schedule

MONDAY

- 5:30 am** Open Meditation
- 6:30 am** ☀ Morning Fire Sakuta Yoga
- 9:30 am** ☀ Bikram Original Hot Yoga
- 12:00pm** Sakuta Yoga
- 6:30 pm** ☀ Bikram Original Hot Yoga

TUESDAY

- 5:30 am** Open Meditation
- 9:30 am** ☀ Bikram Original Hot Yoga
- 4:30 pm** ☀ Bikram Original Hot Yoga
- 6:30 pm** Sakuta Yoga

WEDNESDAY

- 5:30 am** Open Meditation
- 6:30 am** ☀ Morning Fire Sakuta Yoga
- 9:30 am** ☀ Bikram Original Hot Yoga
- 12:00 pm** Sakuta Yoga
- 5:00 pm** Hatha Shambhava Yoga
- 6:30 pm** ☀ Bikram Original Hot Yoga

THURSDAY

- 5:30 am** Open Meditation
- 9:30 am** ☀ Bikram Original Hot Yoga
- 4:30 pm** ☀ Bikram Original Hot Yoga
- 6:30 pm** Yin Yoga

FRIDAY

- 5:30 am** Open Meditation
- 6:30 am** ☀ Morning Fire Sakuta Yoga
- 9:30 am** ☀ Bikram Original Hot Yoga
- 12:00 pm** Sakuta Yoga
- 4:30 pm** ☀ Bikram Original Hot Yoga
- 6:30 pm** Sakuta Yoga

SATURDAY

- 7:30 am** Metta/Loving~Kindness Meditation
- 10:00 am** ☀ Bikram Original Hot Yoga

SUNDAY

- 10:00 am** Open Meditation (1st & 3rd sunday)
- 6:30 pm** ☀ Silent Candlelight Bikram followed by Yin Yoga

☀ Hot Yoga Class