

MONDAYS

(🔊) 9:30 AM
Vinyasa (Heated)

12:00 PM

Vinyasa (Heated) (\$18)

5:30 PM

5-Elements Flow

6:00 PM

30-Minute Meditation (\$12)

6:45 PM

Slow Flow + Stretch

TUESDAYS

9:30 AM

Vinyasa

10:45 AM

Candlelit Stretch (Heated) (\$18)

6:00 PM

Kids Yoga

6:00 PM

Vinyasa (Heated)

7:30 PM

Candlelit Stretch (Heated)

WEDNESDAYS

9:00 AM

45-Minute Power (Heated)

10:00 AM

Slow Flow + Stretch

4:30 PM

Vinyasa (\$18)

6:00 PM

Prenatal Yoga

6:30 PM

Vinyasa

7:30 PM

Soul Yoga

THURSDAYS

9:30 AM

Vinyasa (Heated)

10:45 AM

Candlelit Stretch (Heated)

12:00 PM

Vinyasa (Heated) (\$18)

6:00 PM

Vinyasa (Heated)

7:30 PM

Candlelit Stretch (Heated)

FRIDAYS

9:30 AM

Power (Heated)

10:45 AM

Restorative



SATURDAYS

7:45 AM

Yoga for Health

9:00 AM

Power (Heated)

Child Watch Available

10:15 AM

Vinyasa

Child Watch Available

11:30 AM

Slow Flow (\$18)

Child Watch Available

SUNDAYS

9:00 AM

Hatha Yoga

10:15 AM

Vinyasa (Heated)

4:15 PM

Slow Flow (\$18)

5:30 PM

Relaxation Yoga

Upcoming Events

Vinyasa Yoga 101 Series

Prenatal Yoga Teacher Immersion

iShine Co-op Potluck / iShine Turns 7!
Friday, April 5, 2024

(🔊) Offered Livestream
Classes are EST

A reservation is required for Child Watch