

WEEKLY *classes*

*EFFECTIVE AS OF JANUARY 2, 2026

MORNING/AFTERNOON

MONDAYS 6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:15PM: FOUNDATIONS

EVENING/NIGHT

4:30PM - 5:30PM: HOUR OF POWER
6:00PM - 7:00PM: BASICS
7:15PM - 8:15PM: RESTORATIVE

TUESDAYS 6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:00PM: FOUNDATIONS

4:30PM - 5:30PM: HOUR OF POWER
6:00PM - 7:00PM: HOUR OF POWER
7:15PM - 8:15PM: NON-HEATED
GENTLE FLOW

WEDNESDAYS 6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:15PM: FOUNDATIONS

4:00PM - 5:00PM: YIN
5:45PM - 7:00PM: ALL LEVELS

THURSDAYS 9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:15PM: FOUNDATIONS

4:30PM - 5:30PM: HOUR OF POWER
6:00PM - 7:00PM: HOUR OF POWER

FRIDAYS 6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:00PM: FOUNDATIONS

5:00PM - 6:00PM: HOUR OF POWER

SATURDAYS 8:30AM - 9:45AM: ALL LEVELS
10:30AM - 11:30AM: HOUR OF POWER
12:00PM - 1:00PM: YIN
1:30PM - 2:45PM: CORE POWER 75

SUNDAYS 9:00AM - 10:15AM: BASICS
10:30AM - 11:45AM: SUNDAY SERVICE
12:30PM - 1:45PM: YIN/RESTORATIVE

