

WEEKLY *Classes*

*EFFECTIVE AS OF SEPTEMBER 12, 2026

MORNING/AFTERNOON

EVENING/NIGHT

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

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
5:15PM - 6:00PM: SCULPT
6:15PM - 7:30PM: 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 - 9:30AM: HOUR OF POWER
9:45AM - 10:30AM: SCULPT
10:45AM - 11:45AM: 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

