

MONDAY

- 6:00-7:00 ○ ☹️ Hot Tapas™ Prajna Vieira
- 6:00-8:45 ☺️ Mysore Mojdeh Z
- 7:30-8:45 ○ Vinyasa Monique Wright
- 9:00-10:15 ○ Vinyasa Kaylee Delfin
- 9:00-10:15 ☺️ Flow Misako Matsuoka
- 10:30-11:45 ☺️ Alignment-Based Hatha Karina Lambert
- 10:30-11:45 ○ Yin/Yang ♥ Misako Matsuoka
- 12:00-1:15 ☺️ Sadhana Flow ♪ Giselle Mari
- 1:30-2:45 ○ Yoga for Cancer* Lindsey Kolb
- 4:15-5:30 ☺️ Restorative ♥ Joanne Varni
- 4:45-5:45 ○ Vinyasa Danette Stephan
- 6:00-7:15 ○ Gentle ♥ Jennifer Prugh
- 6:00-7:15 ☺️ Vinyasa Noell Clark
- 7:30-8:45 ☺️ Core Release & Restore Joanne Varni

TUESDAY

- 6:00-7:00 ○ ☹️ Hot Tapas™ Larry Muñoz
- 6:00-8:45 ☺️ Mysore Mojdeh Z
- 7:15-8:30 ○ ☹️ Morning Flow Jenn Smith
- 9:00-10:15 ☺️ QiGong Mark Tanaka
- 9:00-10:15 ○ Vinyasa Bridget Puchalsky
- 10:30-11:45 ☺️ Alignment-Based Hatha Alice Kennedy
- 10:30-11:30 ○ Tai Chi Ellen Blumenfeld
- 12:00-1:15 ☺️ Vinyasa ♪ Jennifer Prugh
- 1:30-2:45 ☺️ Yoga for Cancer* Lindsey Kolb
- 2:00-3:00 ○ Chair Yoga*** ♥ Roz Adams
- 4:00-5:00 ○ Flow Noell Clark
- 4:00-5:00 ☺️ Youth Yoga (ages 8-14) Shelly Dorai-Raj
- 5:45-7:00 ○ ☹️ Flow Karina Lambert
- 5:45-7:00 ☺️ Yin ♥ Misako Matsuoka
- 7:15-8:30 ○ Form and Flow Kenny Graham
- 7:15-8:30 ☺️ Yoga Basics ♥ Su Wong

WEDNESDAY

- 6:00-7:00 ○ ☹️ Hot Tapas™ Prajna Vieira
- 6:00-8:45 ☺️ Mysore Mojdeh Z
- 7:30-8:45 ○ Pilates Fusion Karen Scura
- 9:00-10:15 ○ ☹️ Warm Yoga Flow Noell Clark
- 9:00-10:15 ☺️ Alignment-Based Hatha Karina Lambert
- 10:30-11:45 ☺️ Gentle ♥ Heather Estrada
- 10:30-11:45 ○ Kundalini Yoga ♪ Charanpal Kaur
- 12:00-1:15 ☺️ Form and Flow Kenny Graham
- 1:30-2:45 ☺️ Wellness Yoga*** ♥ Lindsey Kolb
- 4:15-5:30 ☺️ Alignment-Based Flow MinhThu Vu
- 4:30-5:45 ○ Flow James Kiernan
- 5:45-7:00 ☺️ Vinyasa Danette Stephan
- 6:00-7:15 ○ Yoga Fusion Mark Tanaka
- 7:30-8:45 ☺️ Core Release & Restore Joanne Varni
- 7:30-8:45 ○ Yoga for Athletes Robin Lyons

THURSDAY

- 6:00-7:00 ○ ☹️ Hot Tapas™ Prajna Vieira
- 6:00-8:45 ☺️ Mysore Mojdeh Z
- 7:15-8:30 ○ ☹️ Morning Flow Jenn Smith
- 9:00-10:15 ☺️ QiGong Lindsey Kolb
- 9:00-10:15 ○ Vinyasa Kaylee Delfin
- 10:30-11:45 ○ Alignment-Based Hatha Alice Kennedy
- 10:30-11:45 ☺️ Yoga Basics ♥ Judith Steger
- 12:00-1:15 ☺️ Bhakti Vinyasa Flow ♪ Prajna Vieira
- 2:00-3:00 ☺️ Chair Yoga*** ♥ Roz Adams
- 2:00-3:15 ○ Yoga en Español*** Lineth Jezek
- 4:00-5:00 ○ Vinyasa Alyssa Prettyman
- 4:00-5:00 ☺️ Youth Yoga (ages 4-7) Nelly Kavaldjiev
- 6:00-7:15 ○ ☹️ Hot Tapas Larry Munoz
- 6:00-7:15 ☺️ Kundalini Yoga ♪ Charanpal Kaur
- 7:30-8:45 ○ Vinyasa Beats ♪ Alexandra Sempel
- 7:30-8:45 ☺️ Restorative ♥ Monique Wright

FRIDAY

- 6:00-7:00 ○ ☹️ Vinyasa Earl Solis
- 7:00-8:30 ☺️ Full Led Primary Prajna Vieira
- 7:30-8:45 ○ ☹️ Flow & Hold@ Yoga Courtney K
- 9:00-10:15 ○ ☹️ Hot Tapas™ Jenn Smith
- 9:00-10:30 ☺️ Yoga Fusion ♥ Mark Tanaka
- 10:30-11:45 ○ Alignment-Based Hatha Karina Lambert
- 10:45-12:00 ☺️ Tai Chi Pearl Wang
- 12:00-2:00 ○ Mandala Vinyasa Krama ★ Jennifer Prugh
- 2:00-3:15 ☺️ Melt Method & Restorative ♥ Rita Rivera
- 2:15-2:45 ○ Breath & Meditation** Claudia Fountain
- 4:15-5:30 ○ ☹️ Vinyasa Sophia Ott
- 4:15-5:30 ☺️ Restorative ♥ Kaylee Delfin
- 6:00-7:15 ○ ☹️ Warm Yoga Flow Earl Solis

SATURDAY

- 7:30-8:45 ○ ☹️ Alignment Based Hatha Lisa Radding
- 7:45-8:50 ☺️ Daoist Yoga Kate Miller
- 9:00-10:30 ○ ☹️ Hot Tapas™ Christina Enneking
- 9:00-10:30 ☺️ Mandala Vinyasa Krama ★ Jennifer Prugh
- 10:45-12:00 ○ Yoga Basics ♥ Su Wong
- 10:45-12:00 ○ Mandala Flow Jennifer Prugh

SUNDAY

- 7:45-9:30 ☺️ Led Primary for Beginners Mojdeh Z
- 8:15-9:30 ○ Yoga Basics ♥ Karina Lambert
- 10:00-11:15 ☺️ Bhakti Vinyasa Flow ♪ Prajna Vieira
- 9:45-11:15 ○ Tergar Meditation** ♥ Karim & Margaret
- 11:30-12:45 ☺️ Flying Lotus™ Courtney Krishnamurthy
- 11:30-12:45 ○ Yoga for Athletes Lonnell Graham
- 5:00-6:15 ○ Vinyasa Beats ♪ Alexandra Sempel
- 5:00-6:15 ☺️ Yin ♥ Lindsey Kolb
- 6:30-7:45 ☺️ Candlelight Restorative ♥ Beverly Bachoo

* Donation-Based Class
 ** Free Class *** Community Class

○ Sola (Small Studio)
 ☺️ Luna (Large Studio)

☹️ Heated Class (85° - 90°)
 ☹️☹️ Hot Class (90° - 100°)

♥ Basic ★ Advanced
 ♪ Singing/Chanting