

PRACTICE YOGA STUDIO CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30am			HOT FLOW Tommy Mack			HOT FLOW Tiffany Mack	HOT FLOW Jacelyn Krol
10am	HOT FLOW Bridget Camp	HOT FLOW Tommy Mack	HOT FLOW Meaghan Nash	HOT FLOW Tommy Mack	HOT FLOW Tommy Mack	HOT FLOW Tommy Mack	HOT FLOW Tommy Mack
11:30am	PRACTICE FLOW Bridget Camp		PRACTICE+ Melissa Weber		PRACTICE FLOW Jacelyn Krol	PRACTICE FLOW Erica Maliszewski	PRACTICE FLOW Bridget Camp
5:30pm	PRACTICE FLOW Tommy Mack	HOT FLOW Tommy Mack	HOT FLOW Bridget Camp	HOT FLOW Tommy Mack	PRACTICE+ Tiffany Mack		
7pm	RESTORATIVE YIN Tommy Mack	PRACTICE FLOW Melissa Weber	RESTORATIVE YIN Meaghan Nash				

HOT FLOW

= Hot. Vigorous. Lots of individual flow time. Less guidance. Most advanced class offered at the studio.

POWER FLOW

= Faster paced than Practice Flow. Slower paced than Hot Flow. Mostly guided. An energizing hot vinyasa flow class with a more classical Ashtanga influence that adds more structure balance to your weekly yoga practice.

PRACTICE FLOW

= Our signature class. Same primary posture sequence in every class. Fully guided. A foundational base for all classes offered at the studio.

PRACTICE+

= With a new set sequence, Practice+ is instructed in the vinyasa style with a bit of time to flow on your own. Focused on the essential movements and sequences that form the basis of a strong vinyasa.

RESTORATIVE YIN

= A revitalizing and rejuvenating deep release of all tension. Mentally introspective. Physically expansive. Allow your awareness to turn inward, as you begin to align the layers of your being and journey towards your center.

FLOW + LET GO

= This 75 minute class is a challenging vinyasa flow for 60 minutes followed by a 15 minute restorative wind down to leave you energized, relaxed, and balanced for the week ahead!

VIRTUAL LIVE STREAMED CLASS

= A box around a class indicates that the class is also live streamed. Virtual live streamed classes allow anyone who cannot make an in studio class the chance to join the class online and enjoy all of the energy of an in person PYS class in real time. There is no teacher student interaction during this class.