

August 2025



## HOT, WARM & NON-HEATED CLASSES

H = Hot (85°F - 90°F)

W= Warm (80°F - 85°F)

NH = residual heat (75°+)



### MON

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**6:00a** Sunrise Yoga w/Elle (Outdoor)  
**7:00a** Flow w/Hannah (W)  
**9:30a** Heated Hips w/Hannah (H)  
**12:00p** Yoga 4 Beginners w/Steve B (NH)  
**5:30p** Yoga Foundations w/Stephen E (W)  
**7:15p** Yin w/Hollie (W)

### TUE

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**7:00a** Morning Flow w/Elle (W)  
**9:30a** Ashtanga Fusion w/Annica (H)  
**2:00p** Hippy Hour/Back Release w/Elle (NH)  
**5:30p** Vinyasa Flow w/Marlene (H)  
**7:15p** Myfacial Release & Yin w/Angela (W)

### WED

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**6:00a** Sunrise Yoga w/Elle (Outdoor)  
**7:00a** Traditional 26 - 60 min/Elle(W)  
**9:30a** Hatha w/Marlene (W)  
**12:00p** Iyengar Level 1 w/Steve B (NH)  
**7:00p** Yin w/Jodi J (W)

### THU

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**7:00a** Morning Flow w/Annica (W)  
**9:30a** Vinyasa Flow w/Annica (H)  
**5:30p** Vinyasa Flow w/Marlene (H)  
**7:15p** Gentle Hatha w/Jodi W (W)

### FRI

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**6:00a** Sunrise Yoga w/Elle (Outdoor)  
**7:00a** Ashtanga Fusion w/Hollie (W)  
**9:00a** Gentle Yoga w/Hollie (W)  
**7:00p** Yin w/Elle (NH)

### SAT

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**9:00a** Vinyasa & Stretch w/Angela (H)  
**7:00pm** Yin w/Laura (NH)

### SUN

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**9:00a** Gentle Yoga w/Luisa (W)  
**4:00 p** Restorative w/Jodi J (W)



Located at the Bayside Oceanfront Resort

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