

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Slow Flow 8:30- 9:30 am	Rise + Shine 7:30-8:30 am	Rise + Shine 7:30-8:30 am	Rise + Shine 7:30-8:30 am	Rise + Shine 7:30-8:30 am	Rise + Shine 7:30-8:30 am	Slow Flow 8:30-9:30 am
	Dynamic Flow 9:30-10:30 am	Flow 9:30-10:30 am	Radiant Flow 9:30-10:30 am	Flow 9:30-10:30 am	Dynamic Flow 9:30-10:30 am	
Flow 10:00-11:00 am						Radiant Flow 10:00-11:15 am
		Slow Flow 5:00-6:00 pm		Slow Flow 5:00-6:00 pm	Flow 5:00-6:00 pm	
Yin 5:30-6:30 pm	Dynamic Flow 5:30-6:30 pm		Flow 5:30-6:30 pm			
	Yin 7:00-8:00 pm	Flow 6:30-7:30 pm	Yin + Flow 7:00-8:00 pm	Dynamic Flow 6:30-7:30 pm		