



aspire

Yoga Center

SPRING SCHEDULE, 2020

March-April-May

MONDAY

- 9:30 am Flow
- 10:45 am Flow [Basics]
- 4:30 pm Inferno Hot Pilates
- 5:45 pm Heated Flow
- 7:00 pm Yin Yoga

TUESDAY

- 8:15 am Inferno Hot Pilates
- 9:30 am Gentle Yoga
- 10:45 am Flow
- 5:45 pm Flow + Yin
- 7:00 pm Heated Flow

WEDNESDAY

- 9:30 am Flow [Basics]
- 10:45 am Yin Yoga
- 4:30 pm Flow + Yin
- 5:45 pm Heated Flow
- 7:00 pm Inferno Hot Pilates

THURSDAY

- 8:15 am Inferno Hot Pilates
- 9:30 am Flow
- 10:45 am Gentle Yoga
- 5:45 pm Inferno Hot Pilates
- 7:00 pm Heated Flow

FRIDAY

- 9:30 am Inferno Hot Pilates
- 10:45 am Heated Flow
- 4:30 pm Inferno Hot Pilates
- 6:00 pm Yin Yoga

SATURDAY

- 8:15-9:00 am Inferno Hot Pilates
- 9:30 am Heated Flow
- 11:00 am Gentle + Meditation

SUNDAY

- 11:00 am Yin Yoga
- 12:30 pm Inferno Hot Pilates
- 2:00 pm Heated Flow

NOTE: Classes are 60 minutes, unless otherwise noted.

Download the MINDBODY app
or visit www.AspireYogaCenter.com
to view class descriptions, instructor bios and enroll in class.