



yogaśakti virtual studio

Monday

7 am Fitness w/
Jenn

7:30 am Intro
Yoga w/ Marc

8:30 am Fitness w/
Tabatha

9 am Dynamic w/
Marc

4:30 pm Power
Sculpt Yoga w/
Megan

4:30 pm
Restorative Yoga
w/ Heather

6 pm Fluid Flow
w/ Annakathryn

Tuesday

6:30 am Power
Sculpt Yoga w/
Megan

8:30 am Build &
Burn w/ Alison

9 am Flow w/
Hilary

10:30 am Yin Yoga
w/ Hilary

12 pm Barre/Mat
w/ Heather

5 pm Fitness w/
Rebecca

6 pm Power Flow
w/ Jennifer

Wednesday

7 am Fitness w/
Jenn

7:30 am Intro
Yoga w/ Marc

8 am Power Sculpt
Yoga w/ Megan

9 am Dynamic w/
Marc

4:30 pm Power
Flow w/ Melissa

6 pm Fluid Flow
w/ Annakathryn

Thursday

6:30 am Power
Sculpt Yoga w/
Megan

8:30 am Build &
Burn w/ Alison

9 am Flow w/
Melissa

10:30 am Yin Yoga
w/ Hilary

12 pm Barre/Mat
w/ Heather

5 pm Fitness w/
Rebecca

6 pm Power Flow
w/ Jennifer

Friday

7 am Fitness w/
Jenn

7:30 am Intro
Yoga w/ Marc

8:30 am Fitness w/
Tabatha

9 am Dynamic w/
Marc

4:30 pm Flow w/
Jennifer

7:30 pm
Restorative Yoga
w/ Heather

Saturday

7:30 am Intro Yoga
w/ Marc

8 am Fitness w/
Tabatha

9 am Dynamic w/
Marc

9 am Barre/Mat w/
Missy

10:30 Power Flow
w/ Melissa

Sunday

8 am Power Flow
w/ Jennifer Craig

9 am Fitness w/
Jenn

9:30 am Flow w/
Hilary

10 am
Bootylicious Barre
w/ Missy

7:30 pm
Restorative Yoga
w/ Kimberley