



Schedule as of January 2025

Boutique is open 20 minutes prior to the start of the first class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Flow		6:00-7:00am Flow			8:30-9:30am Slow Flow 	
9:00-10:00am Flow 	8:30-9:30am Hot Flow 	9:00-10:00am Hot Power Flow 	8:30-9:30am Flow 	9:00-10:15am Hot Power Flow 	8:30-9:30am Hot Power Flow 	9:00-10:00am Flow
9:30-10:30am Flow basics	9:30-10:45am 26/2 Hot Yoga 	9:30-10:30am Flow Basics 	9:30-11:00am 26/2 Hot Yoga	9:30-10:30am Flow basics	10:00-11:00am Revive & Release	9:00-10:00am Hot Power Flow
	9:45-10:45am Interval Training		10:00-11:00am Slow Flow 		10:00-11:00am Kids Aerial	10:30-11:30am Kids Aerial
12:00-1:00pm Flow		12:00-1:00pm Flow		12:00-1:00pm Flow	11:15am-12:15pm Flow	10:30-11:30am Yin Yoga
5:30-6:30pm Flow Basics 	5:15-6:15pm Flow		5:15-6:15pm Slow Flow 		11:30am-12:30pm 26/2 Hot Yoga 	
6:00-7:00pm Hot Power Flow 	6:30-7:30pm Inferno Hot Pilates 	5:30-6:30pm 26/2 Hot Yoga 	6:00-7:00pm Revive & Release	6:00-7:00pm Hot Power Flow 		4:00-5:00pm Inferno Hot Pilates plus
7:00-8:00pm Adult Aerial		6:30-7:30pm Yoga Sculpt 	6:30-7:45pm Hot Power Flow 		<i>heated class</i> online & in-person	5:15-6:15pm Somatic Yoga
7:30-8:30pm Slow Flow	7:30-8:15 Slow Flow	7:00-8:00pm Yin Yoga			scan the QR code to view our schedule online	

**Schedule subject to change. Please see online schedule at www.awakenedyogastudio.com/schedule