



Schedule as of April 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9:30am Hot Flow 		8:30-9:30am Flow 		8:30-9:30am Slow Flow 	
9:00-10:00am Flow 		9:00-10:00am Hot Power 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	
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 	5-6pm Kids Aerial		5:15-6:15pm Slow Flow 		11:30am-12:30pm 26/2 Hot Yoga 	
6:00-7:00pm Hot Power Flow 	5:15-6:15pm Flow	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 Inferno Hot Pilates 	6:30-7:30pm Yoga Sculpt 	6:30-7:45pm Hot Power Flow 	 	heated class 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](http://www.awakenedyogastudio.com/schedule)