awakened yoga
sugar land • texas

Schedule as of October 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9:30am 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 Heated Power Flow
	10:00-11:00am Restorative Slow Flow		10:00-11:00am Restorative Slow Flow			10:30-11:30am Yin Yoga
12:00-1:00pm Flow		12:00-1:00pm Power Flow		12:00-1:00pm Flow	11:15am-12:15pm Power Flow	
5:30-6:30pm Flow Basics	5:15-6:15pm Flow	5:30-6:30pm 26/2 Hot Yoga	5:15-6:15pm Slow Flow		11:30am-12:30pm 26/2 Hot Yoga	4:00-5:00pm Strength & Conditioning (Heated)
			6:00-7:00pm Yin Yoga	6:00-7:00pm Hot Power Flow		5:15-6:15pm Somatic Yoga
6:30-7:30pm Heated Power Flow	6:30-7:30pm Inferno Hot Pilates	6:30-7:30pm Yoga Sculpt	6:30-7:30pm Hot Power Flow			
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*

*****Orange shaded classes = heated classrooms***

Hybrid: In Person or Live Stream