



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<br>Flow                                                                                                            |                                                                                                                     | 8:30-9:30am<br>Flow<br>        |                                                                                                                          | 8:30-9:30am<br>Slow Flow<br> |                                                                                                             |
| 9:00-10:00am<br>Flow<br>         |                                                                                                                                | 9:00-10:00am<br>Hot Power<br>Flow                                                                                   |                                                                                                                 | 9:00-10:15am<br>Hot Power<br>Flow<br> | 8:30-9:30am<br>Hot Power Flow                                                                                   | 9:00-10:00am<br>Flow<br> |
| 9:30-10:30am<br>Flow basics                                                                                       | 9:30-10:45am<br>26/2 Hot Yoga                                                                                                  | 9:30-10:30am<br>Flow Basics<br>    | 9:30-11:00am<br>26/2 Hot Yoga                                                                                   | 9:30-10:30am<br>Flow basics                                                                                              | 10:00-11:00am<br>Revive & Release                                                                               | 9:00-10:00am<br>Heated Power<br>Flow                                                                        |
|                                                                                                                   | 10:00-11:00am<br>Restorative<br>Slow Flow<br> |                                                                                                                     | 10:00-11:00am<br>Restorative<br>Slow Flow                                                                       |                                                                                                                          |                                                                                                                 | 10:30-11:30am<br>Yin<br>Yoga                                                                                |
| 12:00-1:00pm<br>Flow                                                                                              |                                                                                                                                | 12:00-1:00pm<br>Power Flow                                                                                          |                                                                                                                 | 12:00-1:00pm<br>Flow                                                                                                     | 11:15am-12:15pm<br>Power<br>Flow                                                                                |                                                                                                             |
| 5:30-6:30pm<br>Flow Basics<br> | 5:15-6:15pm<br>Flow                                                                                                            | 5:30-6:30pm<br>26/2 Hot Yoga<br> | 5:15-6:15pm<br>Slow Flow<br> |                                                                                                                          | 11:30am-12:30pm<br>26/2 Hot Yoga                                                                                | 4:00-5:00pm<br>Inferno Hot<br>Pilates plus                                                                  |
|                                                                                                                   |                                                                                                                                |                                                                                                                     | 6:00-7:00pm<br>Yin Yoga                                                                                         | 6:00-7:00pm<br>Hot Power<br>Flow                                                                                         |                                                                                                                 | 5:15-6:15pm<br>Somatic Yoga                                                                                 |
| 6:30-7:30pm<br>Heated Power<br>Flow                                                                               | 6:30-7:30pm<br>Inferno Hot<br>Pilates                                                                                          | 6:30-7:30pm<br>Yoga Sculpt                                                                                          | 6:30-7:30pm<br>Hot Power<br>Flow                                                                                |                                                                                                                          |                                                                                                                 |                                                                                                             |
| 7:30-8:30pm<br>Slow Flow                                                                                          | 7:30-8:15<br>Slow Flow                                                                                                         | 7:00-8:00pm<br>Yin Yoga                                                                                             |                                                                                                                 |                                                                                                                          | scan the QR<br>code to view our<br>schedule online                                                              |                        |

\*\*Schedule subject to change. Please see online schedule at [www.awakenedyogastudio.com/schedule](http://www.awakenedyogastudio.com/schedule)

\*\*Orange shaded classes = heated classrooms

 Hybrid: In Person or Live Stream