



CLASS SCHEDULE

MONDAY

7:00 AM Hot Vinyasa
8:30 AM Gentle Flow
6:00 PM Hot Vinyasa
7:30 PM Gentle Flow

TUESDAY

9:00 AM Slowburn
4:30 PM Slowburn
6:00 PM Hot Vinyasa
7:30 PM Candlelight Yin

WEDNESDAY

7:00 AM Hot Vinyasa
8:30 AM Gentle Flow
6:00 PM Slowburn
7:30 PM Hot Vinyasa

THURSDAY

9:00 AM Slowburn
4:30 PM Slowburn
6:00 PM Hot Vinyasa
7:30 PM Candlelight Yin

FRIDAY

7:00 AM Slowburn
8:30 AM Gentle Flow

SATURDAY

8:00 AM Slowburn
9:30 AM Hot Vinyasa

SUNDAY

6:00 PM Forrest Yoga



CLASS PRICE MENU

DROP - IN

\$12

10 CLASS PACK

\$100

Classes do not expire.

UNLIMITED MONTHLY

\$75 per month

6 month commitment. Auto bill.

UNLIMITED MONTH

\$90 per month

No commitment.

GODDESS PACKAGE

\$65

10 classes or

1 month unlimited

Yogis 65+ years of age. Classes do not expire.

NEW CLIENTS

Free!

First week free for local residents.

NEW CLIENT SPECIAL

Buy one month for \$90,
get second month free!

Must purchase within first 7 days. New clients only.

Offers and specials cannot be combined. Pricing subject to change.