

Monday

6:30–8:45AM 🎵👐
Ashtanga Mysore • Sam

7:15–8:15AM 🎵👐
Flow • Marja

9:00–10:00AM 🎵👐
Heated Flow • Franny

9:30–10:15AM 🎵
Hot Pilates • Jill

12:00–1:00PM 🎵👐
Heated Flow • Masaaki

12:15–1:15PM 🎵👐
Flow • Franny

3:00–4:00PM
Hot 26 • Gerdette

4:15–5:15PM 🎵👐
Heated Flow • Gregor

4:30–5:30PM 🎵👐
Ashtanga Flow • Paulina

5:45–6:30PM 🎵
Hot Pilates • Art

5:45–6:45PM 🎵👐
Flow & Restore • Emma

6:45–7:30PM 🎵
Strength & Conditioning • Gabriela

7:00–8:00PM 🎵
Hot Power • Sydney

7:45–8:45PM 🎵
Relax & Renew • Gabriela

Tuesday

6:00–7:00AM 🎵
Flow • Jojo

6:30–8:45AM 🎵👐
Ashtanga Mysore • Sam

7:15–8:00AM 🎵
Heated Flow • Delaney

9:00–10:00AM 🎵
Heated Flow • Marja

11:15–12:00PM 🎵
Barre • Susan

12:00–1:00PM 🎵👐
Heated Flow • Bendex

4:15–5:15PM 🎵👐
Heated Flow • Max S.

4:30–5:30PM 🎵👐
Flow • Kate H.

5:45–7:15PM 🎵👐
Iyengar II/III • Patricia

5:45–6:45PM 🎵
Yoga Sculpt • Amy

7:00–7:45PM
Straight Up Strength • Amy

7:30–8:30PM 🎵
Flow • Allie

8:00–9:00PM 🎵
Relax & Renew • Marja

Wednesday

6:00–7:00AM 🎵👐
Heated Flow • Bendex

6:30–8:45AM 🎵👐
Ashtanga Mysore • Sam

7:15–8:15AM 🎵👐
Flow • Franny

9:00–10:00AM 🎵👐
Heated Flow • Larissa

9:30–10:15AM 🎵
Hot Pilates • Jill

12:00–1:00PM 🎵👐
Heated Flow • Alex

3:00–4:00PM
Hot 26 • Gerdette

4:15–5:15PM 🎵👐
Heated Flow • Gregor

4:30–5:30PM 🎵👐
Flow • Marja

5:45–6:30PM 🎵
Barre • Susan

6:00–7:00PM 🎵
Flow • Max R.

7:00–8:15PM 🎵👐
Iyengar I • Rosie

7:30–8:30PM 🎵
Heated Flow • Susan

Thursday

6:00–7:00AM 🎵
Flow • Jojo

6:30–8:45AM 🎵👐
Ashtanga Mysore • Sam

7:15–8:15AM 🎵👐
Heated Flow • Marja

9:00–10:00AM 🎵👐
Flow • Emily S.

9:15–10:30AM 🎵👐
Iyengar I • Rosie

10:30–11:30AM
Baby & Me • Emily S.

11:15–12:00PM 🎵
Barre • Susan

12:15–1:15PM 🎵
Flow • Dina

12:00–1:00PM 🎵👐
Heated Flow • Bendex

4:15–5:15PM 🎵👐
Heated Flow • Max S.

4:30–5:30PM 🎵👐
Flow • Kate H.

5:30–6:30PM 🎵👐
Flow • David

5:45–6:45PM 🎵
Yoga Sculpt • Amy

7:00–8:00PM 🎵👐
Flow & Restore • Amy

7:15–8:15PM 🎵👐
Heated Flow • Alex

Friday

6:30–8:45AM 🎵👐
Ashtanga Mysore • Sam

7:15–8:15AM 🎵👐
Hot Power • Sydney

9:00–10:00AM 🎵👐
Heated Flow • Alex

9:30–10:30AM 🎵👐
Flow • Max S.

12:00–1:00PM 🎵👐
Heated Flow • Marja

12:15–1:15PM 🎵
Flow • Marco

4:30–5:30PM 🎵👐
Flow • Emma

5:00–6:15PM 🎵
Flow & Restore • Eva

6:15–7:15PM 🎵👐
Heated Flow • Alex

Saturday

7:30–8:30AM 🎵
Heated Flow • Max S.

7:30–8:30AM 🎵👐
Ashtanga Flow • Paulina

8:45–9:30AM
Pilates • Caroline

9:15–10:15AM 🎵👐
Heated Flow • Bendex

10:00–11:30PM 🎵👐
Iyengar • Donna

10:30–11:30AM 🎵
Flow • Marco

12:15–1:15PM 🎵👐
Heated Flow • Marja

3:00–4:00PM 🎵👐
Flow • Masaaki

4:30–5:30PM 🎵
Heated Flow • Meg

6:15–7:30PM 🎵👐
Flow & Restore • Ally

Sunday

7:30–8:00AM
Pranayama • Sam

8:00–9:30AM 🎵👐
Led Primary Series • Sam

9:30–10:30AM 🎵👐
Flow • Marja

10:00–11:00AM 🎵
Heated Flow • Ashley H.

11:30–1:00PM
Hot 26 • Jill


12:30–1:30PM 🎵👐
Hot Power • Max R.

3:00–4:00PM 🎵
Flow • Eva

4:30–5:30PM 🎵👐
Heated Flow • Marja

6:15–7:15PM 🎵
Flow & Restore • Marco

7:30–8:30PM 🎵
Flow • Eva



Full Yoga Schedule

NEWTON BROOKLINE
PORTER SQ HARVARD SQ
BOSTON BACK BAY

🎵 Music in class

👐 May include hands on assists to consenting students