ORTER SC

2024 APRIL UPDATE LAST

Monday

6:00-7:00AM Heated Flow • Max R.

7:15-8:00AM Hot Pilates • Jill

9:30–10:30AM 🌶 🏨 Heated Flow • Meg

12:15-1:15PM 👋 Heated Flow • Gregor

4:30-5:30PM 🖑 Heated Flow • Masaaki

6:00-7:15PM 👋 Heated Flow • Gregor

7:30-8:30PM 🕽 Flow • Sami

6:00-7:00AM 👋 Heated Flow • Gregor

Tuesday

9:30-10:30AM 🕽 👋 Heated Flow • Bendex

12:15-1:15PM 🖫 Heated Flow • Masaaki

4:30-5:30PM Heated Flow • Franny

6:00–7:15PM ♪ Heated Flow • Brittney

7:30-8:45PM 🖑 Flow • Franny

Wednesday 6:00-7:00AM

Hot Power • Erran

7:15-8:00AM 🕽 Hot Pilates • Jill

9:30–10:30AM 🄊 Heated Flow • Franny

12:15–1:15PM 🎝 💃 Heated Flow • Gregor

4:30-5:30PM ♪ Heated Flow • Marco

6:00-7:15PM 🖑 Heated Flow • Gregor

7:30-8:30PM 🌶 💃 Flow • David

6:00-7:00AM 👋 Heated Flow • Gregor

Thursday

9:30–10:30AM ♪ Heated Flow • Susan

12:15–1:15PM 🅽 👋 Heated Flow • Marja

4:30-5:30PM 🎝 👋 Heated Flow • Joe

6:00–7:15PM 🌶 💃 Hot Power • Shawna

7:30-8:45PM 🖑 Flow • Franny

6:00-7:00AM 🌶 💃 Hot Power • Shawna

Friday

9:30-10:30AM 👋 Heated Flow • Masaaki

12:15–1:15PM 👋 Heated Flow • Gregor

4:30-5:30PM 💃 Heated Flow • Masaaki

6:00-7:00PM Heated Flow • Marja

7:00-8:30AM 🖫 Heated Flow • Gregor

Saturday

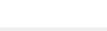
9:00–10:15AM Heated Flow • Max S.

10:30–11:30AM J Yoga Sculpt • Larissa

> 12:15–1:15PM 🎝 Flow • Ashley H.

4:30-6:00PM 🌶 Heated Flow • Brittney

6:15–7:15PM 🌶 Relax & Renew • Brittney



Full Yoga Schedule

NEWTON PORTER SQ BROOKLINE HARVARD SQ

BOSTON BACK BAY

Music in class

May include hands on assists to consenting students





12:15–1:15PM ♪ Heated Flow • Marco

4:30-5:30PM 🖑

Heated Flow • Gregor

9:00-10:15AM 🖑 Heated Flow • Gregor

Sunday

7:30-8:30AM 🌶 🖑

Heated Flow • Marja

10:45–11:45AM

Hot Power • Shawna