

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

Tuesday

6:00–7:00AM 👐
Heated Flow • Gregor

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 🎵👐
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

Thursday

6:00–7:00AM 👐
Heated Flow • Gregor

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

Friday

6:00–7:00AM 🎵👐
Hot Power • Shawna

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

Saturday

7:00–8:30AM 👐
Heated Flow • Gregor

9:00–10:15AM 🎵👐
Heated Flow • Max S.

10:30–11:30AM 🎵
Yoga Sculpt • Larissa

12:15–1:15PM 🎵
Heated Flow • Marco

4:30–5:30PM 👐
Heated Flow • Gregor

Sunday

7:30–8:30AM 🎵👐
Heated Flow • Marja

9:00–10:15AM 👐
Heated Flow • Gregor

10:45–11:45AM 🎵👐
Hot Power • Shawna

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 BROOKLINE PORTER SQ HARVARD SQ BOSTON BACK BAY

🎵 Music in class

👐 May include hands on assists to consenting students