

Monday

6:00–7:00AM 🎵👐
Heated Flow • Gregor

6:15–8:15AM 🎵👐
Ashtanga Mysore • Kate

7:15–8:00AM 🎵
Yoga Sculpt • Madison

9:00–10:00AM 🎵👐
Flow • Hannah

9:00–10:00AM 🎵👐
Heated Flow • Masaaki

10:15–11:45AM 🎵👐
Iyengar III • Nadja

12:00–1:15PM 🎵👐
Iyengar I • Nadja

12:00–1:00PM 🎵
Heated Flow • Marja

4:30–5:30PM 🎵
Heated Flow • Meredith

4:30–5:30PM 🎵👐
Flow • Alex

5:45–6:45PM 🎵👐
Flow • David

6:00–7:00PM 🎵
Yoga Sculpt • Meredith

7:00–8:00PM 🎵👐
Relax & Renew • David

7:30–8:30PM 🎵
Heated Flow • Sarah S.

Tuesday

6:00–7:00AM 🎵👐
Hot Power • Shawna

6:15–8:15AM 🎵👐
Ashtanga Mysore • Didi

7:15–8:00AM 🎵
Core • Susan

9:00–10:00AM 🎵
Hot Power • Sarah

9:15–10:30AM 🎵👐
Flow • Raquel

10:30–11:45AM
Feldenkrais • Didi

12:00–12:45PM 🎵
Straight Up Strength • Meredith

12:15–1:15PM 🎵👐
Flow • Kate H.

4:00–5:00PM 🎵👐
Ashtanga Flow • Trey

4:30–5:30PM 🎵👐
Hot Power • Shawna

5:15–6:00PM 🎵
Pilates • Hannah

6:00–7:00PM 🎵👐
Heated Flow • Gregor

6:15–7:15PM 🎵
Flow • Hannah

7:15–8:30PM 🎵
Hot 26 • Jill

7:30–8:45PM 🎵
Flow • Jojo

Wednesday

6:00–7:00AM 🎵👐
Heated Flow • Gregor

6:15–8:15AM 🎵👐
Ashtanga Mysore • Kate

7:15–8:00AM 🎵
Pilates • Art

9:00–10:00AM 🎵
Flow • Hannah

9:15–10:15AM 🎵👐
Heated Flow • Lyn

10:15–11:45AM 🎵👐
Iyengar II • Nadja

10:30–11:30AM
Yin • Emily P.

12:00–1:00PM 🎵👐
Hot Power • Sami

12:15–1:15PM 🎵👐
Flow • Dina

1:30–3:30PM 🎵👐
Level V • Patricia

4:30–5:30PM 🎵
Heated Flow • Meredith

4:45–5:45PM 🎵👐
Flow • Lyn

6:00–7:00PM 🎵
Yoga Sculpt • Meredith

6:15–7:15PM 🎵👐
Flow • Kate H.

7:30–8:30PM 🎵
Heated Flow • Sarah

7:30–8:45PM 🎵
Yin • Emily P.

Thursday

6:00–7:00AM 🎵👐
Hot Power • Shawna

6:15–8:15AM 🎵👐
Ashtanga Mysore • Kate

7:15–8:00AM 🎵
Core • Susan

9:00–10:00AM 🎵👐
Heated Flow • Masaaki

10:30–11:30AM 🎵
Pilates • Laura

10:30–11:45AM 🎵
Slow Flow • Masaaki

12:00–1:00PM 🎵👐
Heated Flow • Franny

12:15–1:15PM 🎵👐
Flow • David

4:30–5:45PM 🎵👐
Flow • Andrea

4:30–5:30PM 🎵👐
Heated Flow • Bendex

6:00–7:00PM 🎵👐
Heated Flow • Masaaki

6:00–7:15PM 🎵
Flow • Michael P.

7:30–8:30PM 🎵👐
Flow • Ally

7:30–8:30PM 🎵
Relax & Renew • Kate H.

Friday

6:00–7:00AM 🎵
Heated Flow • Stephen

6:15–8:15AM 🎵👐
Ashtanga Mysore • Didi

7:15–8:15AM 🎵
Pilates • Laura

9:00–10:00AM 🎵
Flow • Lyn

9:15–10:15AM
Heated Flow • Abby K.

10:15–11:30PM 🎵👐
Iyengar I/II • Ann

11:15–12:00PM 🎵
HIIT • Meredith

12:00–1:15PM 🎵👐
Iyengar Yoga for Backcare • Rosie

12:15–1:00PM 🎵
Heated Flow • Meredith

4:15–5:15PM 🎵👐
Heated Flow • Alex

4:30–5:30PM 🎵
Flow • Delaney

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

6:00–7:00PM 🎵
Flow • Abby K.

Saturday

7:00–8:00AM
Heated Flow • Meg

8:15–9:30AM 🎵
Flow • Michael P.

8:15–9:00AM 🎵
Strength & Conditioning • Cam

9:30–10:30AM 🎵👐
Hot Power • Shawna

10:00–11:15AM 🎵👐
Iyengar I • Vered

11:00–12:00PM 🎵👐
Flow • Gregor

11:45–1:00PM 🎵👐
Slow Flow • Masaaki

12:15–1:15PM 🎵👐
Foundations • Gregor

3:00–4:00PM
Flow • Abby K.

4:30–5:45PM 🎵👐
Heated Flow • Masaaki

6:30–7:30PM 🎵
Flow • Marco

Sunday

7:00–8:00AM 🎵👐
Heated Flow • Gregor

7:15–8:45AM 🎵👐
Ashtanga Led Primary • Didi

8:15–9:15AM 🎵
Flow • Nikki

9:00–10:00AM 🎵
Heated Flow • Stephen

9:30–10:15AM 🎵
Strength & Conditioning • Ashley M.

10:30–11:45AM 🎵👐
Flow • Hannah

10:45–12:00PM 🎵
Hot Power • Luciana

12:00–12:45PM 🎵
Pilates • Hannah


12:15–1:15PM 🎵👐
Flow • Allison

3:00–4:15PM 🎵👐
Masterclass • Maybelle

4:30–5:45PM 🎵
Heated Flow • Ashley H.

6:30–7:30PM 🎵
Flow • Jojo

7:45–8:45PM 🎵
Relax & Renew • Jojo



Full Yoga Schedule

NEWTON
PORTER SQ
BOSTON
BROOKLINE
HARVARD SQ
BACK BAY

🎵 Music in class

👐 May include hands on assists to consenting students