

Monday

6:00–7:00AM 🎵👐
Hot Power • Shawna

7:00–7:45AM 🎵
Pilates • Dina

8:00–9:00AM 🎵👐
Flow • Dina

9:30–10:45AM 🎵👐
Hot Power • Shawna

12:15–1:15PM 🎵👐
Flow • Lyn

4:00–5:00PM 🎵
Flow • Hannah

4:30–5:30PM 🎵👐
Heated Flow • Lyn

5:15–5:45PM 🎵
Pilates • Hannah

5:45–7:15PM
Hot 26 • Gerdette

6:00–7:30PM 🎵👐
Iyengar I/II • Donna

7:30–8:30PM 🎵👐
Flow • Masaaki

Tuesday

6:00–7:00AM 🎵👐
Heated Flow • Lyn

7:00–7:45AM 🎵
Hot Pilates • Jill

8:00–9:15AM 🎵
Flow • Jojo

9:45–10:30AM 🎵
Yoga Sculpt • Meredith

10:30–11:45AM
Iyengar I • Donna

11:00–12:00PM 🎵👐
Flow • Dina

12:15–1:00PM
Myofascial Release • Dina

12:30–1:30PM 🎵👐
Hot Power • Shawna

4:30–5:30PM 🎵👐
Teens Ages 12+ • Erin

4:30–5:30PM 🎵👐
Heated Flow • Masaaki

5:45–6:45PM 🎵👐
Flow • David

6:00–7:15PM 🎵👐
Iyengar I • Ann

7:00–8:00PM 🎵👐
Relax & Renew • David

7:30–8:30PM 🎵👐
Flow • Dina

Wednesday

6:00–7:00AM 🎵👐
Hot Power • Shawna

7:00–7:45AM 🎵
HIIT • Amy

8:00–9:00AM 🎵
Flow • Kate H.

9:00–10:30AM 🎵👐
Iyengar III • Rosie

9:30–10:45AM 🎵👐
Hot Power • Sami

12:00–1:00PM
Hot 26 • Gerdette

12:15–1:15PM 🎵👐
Flow • Emily S.

3:30–4:15PM
Kids Ages 3–6 • Tori

4:15–5:15PM
Kids Ages 7–11 • Max

4:15–5:15PM 🎵👐
Foundations • Dina

5:45–7:15PM
Hot 26 • Gerdette

5:45–7:15PM 🎵👐
Iyengar II • Heloise

7:30–8:30PM 🎵
Flow • Jojo

7:30–8:30PM 🎵👐
Relax & Renew • Dina

Thursday

6:00–7:00AM 🎵👐
Heated Flow • Bendex

8:00–9:15AM 🎵
Flow • Jojo

9:00–10:00AM 🎵
Foundations • Nikki

9:30–10:30AM 🎵👐
Flow • David

10:30–12:00PM 🎵👐
Iyengar II • Nadja

12:15–1:15PM 🎵
Flow • Ally

12:30–1:30PM 🎵👐
Hot Power • Shawna

4:15–5:30PM 🎵👐
Masterclass • Maybelle

4:45–5:45PM 🎵👐
Hot Power • Lyn

6:00–7:15PM 🎵👐
Iyengar I • Michael G.

6:15–7:15PM 🎵👐
Flow • Bendex

7:30–8:30PM 🎵👐
Flow & Restore • David

7:30–8:30PM 🎵👐
Ropes • Michael G.

Friday

6:00–7:00AM 🎵👐
Heated Flow • Gregor

7:00–7:45AM 🎵
Strength • Gerdette

8:00–9:00AM 🎵
Flow • Nikki

9:00–10:30AM 🎵👐
Iyengar II • Rosie

9:30–10:30AM 🎵👐
Hot Power • Shawna

11:00–12:00PM 🎵👐
Flow • Dina

12:30–1:30PM 🎵👐
Ropes • Donna

12:30–1:30PM 🎵
Hot Power • Laura

4:15–5:15PM 🎵👐
Foundations • Dina

4:30–5:30PM 🎵👐
Heated Flow • Bendex

5:30–6:45PM 🎵👐
Relax & Renew • Dina

5:45–7:00P
Flow • Micl

Saturday

7:00–8:15AM 🎵
Flow • Jojo

7:30–8:30AM 🎵👐
Hot Power • Shawna

9:00–10:15AM 🎵
Flow • Jojo

9:00–10:15PM 🎵👐
Iyengar I • Heloise

10:30–12:00PM 🎵👐
Iyengar II/III • Heloise

10:45–12:00PM 🎵
Heated Flow • Stephen

12:15–1:45PM
Hot 26 • Gerdette

12:30–1:30PM
Ashtanga Flow • Didi

3:00–4:00PM 🎵👐
Heated Flow • Max

4:30–5:30PM 🎵
Flow • Marco

Sunday

7:15–8:15AM 🎵
Hot Power • Luciana

9:00–10:00AM 🎵👐
Hot Power • Shawna

9:00–10:30AM 🎵👐
Iyengar II • Kerry

10:45–11:45PM 🎵👐
Flow • Franny

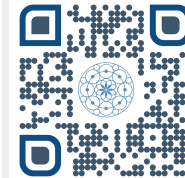
10:45–12:00PM 🎵👐
Iyengar I • Kerry

12:15–1:15PM 🎵
Foundations • Marco

3:00–4:00PM 🎵👐
Hot Power • Shawna

4:30–5:45PM 🎵
Flow • Jojo

6:00–7:00PM
Feldenkrais • Didi



Full Yoga Schedule

NEWTON PORTER SQ BOSTON
BROOKLINE HARVARD SQ BACK BAY

🎵 Music in class

👐 May include hands on assists to consenting students