

Monday

6:00–7:00AM 🎵👐
Heated Flow • Abby F.

6:30–8:30AM 👐
Mysore • Elliott

7:15–8:00AM 🎵
Pilates • Laura

9:00–10:00AM 🎵
Heated Flow • Lyndsay

10:30–11:30AM 👐
Foundations • Emily S.

12:00–1:00PM 🎵👐
Heated Flow • Bendex

4:00–4:45PM 🎵
Kids Ages 3-7 • Ana

4:30–5:30PM 🎵👐
Heated Flow • Meg

5:00–5:45PM 🎵
Hot Pilates • Jill

5:45–6:45PM 🎵👐
Hot Power • Shawna

6:00–7:00PM 🎵
Flow • Allie

7:15–8:30PM 🎵👐
Flow & Restore • Eva

7:30–8:15PM 🎵
Pilates • Art

Tuesday

6:00–7:00AM 🎵👐
Heated Flow • Bendex

6:15–7:00AM 🎵
Yoga Sculpt • Brittany

7:15–8:00AM 🎵
Pilates • Art

9:00–10:00AM 🎵
Heated Flow • Juli

10:45–11:45AM 👐
Slow Flow • Franny

11:30–12:30PM 🎵
Yoga Sculpt • Cam

12:15–1:15PM 🎵
Flow • Max S.

4:30–5:30PM 🎵
Flow • Allison

4:45–5:45PM 🎵
Hot Pilates • Jill

5:45–7:00PM 🎵👐
Flow • Krissy

6:00–7:00PM 🎵👐
Heated Flow • Alex

7:15–8:15PM 👐
Ashtanga Flow • Elliott

7:30–8:30PM 🎵
Candlelight Flow & Yin • Allison

Wednesday

6:00–7:00AM 🎵👐
Heated Flow • Alex

6:30–8:30AM 👐
Mysore • Elliott

7:15–8:00AM 🎵
Strength & Conditioning • Ashley

9:00–10:00AM 🎵
Heated Flow • Bendex

9:15–10:15AM 🎵
Flow • Abby K.

10:30–11:30AM 👐
Foundations • Emily S.

12:15–1:00PM 🎵
Heated Flow • Delaney

4:15–5:15PM 🎵
Foundations • Matthew

4:30–5:30PM 🎵
Yoga Sculpt • Steph

5:30–6:45PM 👐
Ashtanga Flow • Abby

5:45–6:45PM 🎵👐
Flow • David

7:00–8:00PM 🎵👐
Heated Flow • Alex

Thursday

6:00–7:00AM 🎵👐
Hot Power • Luciana

6:15–7:00AM 🎵
Yoga Sculpt • Callie

7:15–8:00AM 🎵
Pilates • Art

9:00–9:45AM 🎵
Yoga Sculpt • Lyndsay

9:15–10:30AM 🎵👐
Flow • Raquel

12:00–1:00PM 🎵👐
Heated Flow • Alex

4:30–5:30PM 🎵👐
Flow • Ally

4:45–5:45PM 🎵👐
Hot Power • Luciana

5:45–7:00PM 🎵👐
Flow • Allison

6:00–7:00PM 🎵
Yoga Sculpt • Abby F.

7:15–8:15PM 👐
Ashtanga Flow • Abby K.

7:30–8:30PM 🎵👐
Heated Flow • Abby F.

Friday

6:00–7:00AM 🎵👐
Heated Flow • Craig

6:30–8:30AM 👐
Mysore • Elliott

7:15–8:00AM 🎵
Strength & Conditioning • Ashley

9:00–10:00AM 🎵👐
Heated Flow • Ben

9:15–10:30AM 🎵👐
Flow • Allison

10:30–11:45AM 🎵
Slow Flow • Daniel O.

12:00–1:00PM 🎵👐
Heated Flow • Abby K.

12:15–1:15PM 🎵
Flow • Emma M.

4:00–5:00PM 🎵👐
Flow • David

4:30–5:15PM 🎵
Strength & Conditioning • Cam

5:15–6:30PM 🎵👐
Hot Power • Joe

6:00–7:00PM 🎵👐
Ashtanga Flow • Elliott

7:00–8:00PM 🎵
Candlelight Flow & Yin • Allison

Saturday

7:30–8:30AM 🎵👐
Heated Flow • Bendex

8:30–9:15AM 🎵
Pilates • Art

9:15–10:15AM 🎵👐
Heated Flow • Gregor

9:30–10:45AM 🎵
Flow • Meg

10:45–11:45AM 🎵👐
Heated Flow • Alex

11:15–12:00PM 🎵
Strength & Conditioning • Cam

12:15–1:15PM 🎵
Flow • Ally

3:00–4:00PM 🎵
Yoga Sculpt • Tara M.

4:30–5:30PM 🎵
Heated Flow • Laura S.

Sunday

7:00–8:30AM 🎵👐
Mysore Led • Elliott

8:15–9:00AM 🎵
Hot Pilates • Jill

9:00–10:00AM 🎵
Flow • Franny

9:15–10:30AM 🎵
Hot 26 • Jill

11:00–12:00PM 🎵👐
Heated Flow • Gregor

11:15–12:00PM 🎵
Strength & Conditioning • Ashley


12:30–1:30PM 🎵👐
Ashtanga Flow • Elliott

3:00–4:00PM 🎵
Hot Pilates • Jill

4:00–5:15PM 🎵
Flow & Restore • Allison

4:30–5:30PM 🎵👐
Heated Flow • Abby F.

6:00–7:15PM 🎵👐
Yin • Emily P.



Full Yoga Schedule

NEWTON PORTER SQ BOSTON
BROOKLINE HARVARD SQ BACK BAY

🎵 Music in class

👐 May include hands on assists to consenting students