

SUN

MON

TUE

WED

THU

FRI

GMT-05

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

**Beginner Slow Flow**  
11am – 12pm

**Afterwork Yoga Vibes**  
6 – 7pm

**Asana Lab**  
6 – 7pm