

SKY STUDIO GROUP YOGA SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am to 7am				Rise & Rebalance Yin Yoga		Rise & Rebalance Yin Yoga	
7am to 8am	Rise & Rebalance Yin Yoga						Rise & Rebalance Yin Yoga
8am to 9am				Vinyasa Move & Flow		Foundational Vinyasa Flow	
9am to 10am	Foundational Vinyasa Flow						Foundational Vinyasa Flow
3pm to 4pm							
4pm to 5pm		Vinyasa Move & Flow			Vinyasa Move & Flow		
5pm to 6pm							
6pm to 7pm		Sunset vinyasa Flow			Sunset vinyasa Flow		

Rise & Rebalance Yin Yoga	Slow-paced, meditative yoga with poses held for several minutes promoting flexibility and mindfulness.
Foundational Vinyasa Flow	Anyone seeking to refine fundamental yoga skills before moving on to more complex sequences and poses.
Vinyasa Move & Flow	A faster moving yoga class offering dynamic movement for building strength & shifting energy.
Sunset vinyasa Flow	Flowing through poses in sync with breathing, for gaining strength, flexibility, and mindfulness through a continuous sequence.