

714.617.4593

WEEKLY *Schedule*

505 W First St.
Tustin, CA.

Mon

6:00am - Sunrise Yoga
10:30am - Aerial Yoga
12:00pm - Gentle Vinyasa Flow

6:00pm - Vinyasa Flow
7:30pm - Vibrational Yin Flow

Tue

10am - Slow Flow + Restore
12:30pm - All Levels Yoga

6:00pm - Vinyasa + Yin
7:30pm - Therapeutic Yoga

Wed

6:00am - Sunrise Yoga
10:30am - Vinyasa Flow
12:00pm - Beginner Aerial Yoga

4:00pm - Aerial Yoga
6:00pm - Beginner Yoga
7:30pm - Restorative Yoga

Thurs

10am - Slow Flow + Restore
12:30pm - Vinyasa + Yin

4:30pm - Vinyasa Flow
6:00pm - Beginner Yoga
7:30pm - Heart Opening Vinyasa

Fri

6:00 am - Sunrise Yoga
9:00am - Hatha Yoga
10:30am - Vinyasa Flow

12:00pm - Midday Serenity: Yin & Sound
4:30pm - Vinyasa Flow
6:00pm - Sunset Yoga
7:30pm - Restorative Yoga

Sat

8:30 am - Meditative Flow
10:30am - Kundalini + Reiki

12:30pm - Beginner Yoga + Meditation
7pm - Full Moon Sound Bath (1x a month)

Sun

8:30am - Foundational Vinyasa Flow
Mornings - Workshops (Check Online For Details)
6:00pm - Restorative Yoga + Aromatherapy

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