

Joyflow Winter Class Schedule

YOGA + BARRE + SALT

MONDAY

- 6:30am- Barre Express
- 8am- Warm Hatha
- 9:15am- CBD Salt Therapy
- 9:30am- Hot Vinyasa
- 11am- Yoga Lab
- 12:15pm- Salt & Sound
- 5:45pm- Hatha Flow
- 7pm- CBD Salt Therapy
- 7pm Candlelight Yin & Sound Bowls

TUESDAY

- 6:30am- Warm Yoga Sculpt Express
- 8am- Hot Vinyasa
- 9:15am- CBD Salt Therapy
- 9:30am- Barre Express
- 11am- Gentle Yoga
- 12:15pm- Express Sculpt & Stretch
- 5:45pm- Warm Hatha
- 7pm- CBD Salt Therapy
- 7pm- Vin to Yin

WEDNESDAY

- 6:30am- Barre Express
- 8am- Warm Hatha
- 9:15am- CBD Salt Therapy
- 9:30am- Hot Vinyasa
- 11am- Yoga Lab
- 12:15pm- Salt & Sound
- 3:45pm- Essentrics™
- 5:45pm- Hot Power Yoga
- 7pm- CBD Salt Therapy
- 7pm- Candlelight Gentle Flow & Stretch

THURSDAY

- 6:30am- Warm Yoga Sculpt Express
- 8am- Hot Vinyasa
- 9:15am- CBD Salt Therapy
- 9:30am- Warm Hatha
- 11am- Gentle Yoga
- 12:15pm- Express Sculpt & Stretch
- 5:45pm- Barre Express
- 7pm- CBD Salt Therapy
- 7pm- Candlelight Restorative Reiki

FRIDAY

- 6:30am- Sunrise Flow
- 8am- Warm Hatha
- 9:15am- Dry Salt Therapy
- 9:30am- Hot Vinyasa
- 11am- Gentle Yoga
- 12:15pm- Salt & Sound

SATURDAY

- 8am- Hot Power Yoga
- 9:15am- Vin to Yin
- 10:45am- Salt & Sound
- 12pm- Warm Hatha

SUNDAY

- 9am- Vin to Yin
- 10:30am- Salt & Sound
- 6pm- Candlelight Restorative