

Joyflow Fall Class Schedule

Sept 8 – Dec 31, 2026

MONDAY

- 6:30am– Warm Yoga Core
- 8am– Warm Hatha
- 9:30am– Hot Vinyasa
- 11am– Yoga Lab
- 12:15pm– Salt & Sound
- 5:45pm– Vinyasa Flow (no heat)
- 7pm– Candlelight Restorative

TUESDAY

- 8am– Hot Vinyasa
- 9:30am– Barre Express
- 11am– Gentle Yoga
- 12:15pm– Express Sculpt & Stretch
- 5:45pm– Hot Power Yoga
- 7pm– Warm Candlelight Gentle Flow & Stretch

WEDNESDAY

- 6:30am– Vinyasa Flow (no heat)
- 8am– Warm Hatha
- 9:30am– Hot Vinyasa
- 11am– Yoga Lab
- 12:15pm– Salt & Sound
- 5:45pm– Yoga Sculpt Express
- 7pm– Candlelight Gentle Flow & Stretch

THURSDAY

- 6:30am– Warm Mat Pilates
- 8am– Hot Vinyasa
- 9:30am– Barre Express
- 11am– Gentle Yoga
- 12:15pm– Express Sculpt & Stretch
- 5:45pm– Warm Hatha
- 7pm– Candlelight Yin

FRIDAY

- 6:30am– Warm Yoga Sculpt
- 8am– Warm Vinyasa
- 9:30am– Warm Hatha
- 11am– Restorative Reiki
- 4pm– Flow, Release & Restore (Oct–Dec)

SATURDAY

- 8am– Hot Power Yoga
- 9:15am– Vin to Yin
- 10:45am– Salt & Sound

SUNDAY

- 8am– Warm Yoga Sculpt
- 9am– Vin to Yin
- 10:30am– Salt & Sound
- 6pm– Candlelight Restorative Ritual

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