

Joyflow Class Schedule

SUMMER 2026

MONDAY

- 6:30am- Warm Yoga Core
- 8am- Warm Hatha
- 9:30am- Hot Vinyasa
- 11am- Yoga Lab
- 12:15pm- Salt & Sound
- 5:45pm- Hot Vinyasa
- 7pm Candlelight Restorative

WEDNESDAY

- 8am- Warm Hatha
- 9:30am- Hot Vinyasa
- 11am- Yoga Lab
- 12:15pm- Salt & Sound
- 5:45pm- Warm Hatha

FRIDAY

- 6:30am- Warm Yoga Burn
- 8am- Rooftop Hatha Flow
- 9:30am- Barre Express
- 11am- Candlelight Gentle Flow & Stretch
- 12:15pm- Salt & Sound

SATURDAY

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

TUESDAY

- 6:30am- Warm Yoga Sculpt
- 8am- Hot Vinyasa
- 9:30am- Barre Express
- 11am- Gentle Yoga
- 12:15pm- Express Sculpt & Stretch
- 5:45pm- Hot Power Yoga
- 7pm- Candlelight Gentle Flow & Stretch

THURSDAY

- 6:15am- Rooftop Hatha Flow
- 8am- Hot Vinyasa
- 9:30am- Warm Hatha
- 11am- Gentle Yoga
- 12:15pm- Express Sculpt & Stretch
- 5:45pm- Warm Yoga Sculpt Express
- 7pm- Candlelight Gentle Flow & Stretch

SUNDAY

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



Book!

Joyflow Class Styles

Barre Express

This fast-paced, 45-minute workout delivers maximum impact through ballet-inspired movement, strength training, and core work. This efficient format targets every major muscle group with small, powerful movements and high reps. Leave feeling strong and energized. (no heat, high intensity)

Candlelight Gentle Flow & Stretch

Move slowly and intentionally to ease tension and restore balance. Gentle, accessible movements flow seamlessly into longer stretches, supporting mobility, circulation, and nervous system regulation without feeling rushed or intense. Perfect for all levels. (no heat, low intensity)

Candlelight Restorative

This gentle practice uses supported shapes to invite ease without effort. Through slow, intentional movement, breathwork, and moments of stillness, we guide the body into a parasympathetic state, helping you shift out of the day's stimulation and into rest. (no heat, no intensity)

Candlelight Restorative Ritual

This candlelit experience blends supported restorative yoga, intentional healing touch, essential oils, and immersive sound to create space for true release. Minimal movement. Soft light. Spacious stillness. Come as you are. (no heat, no intensity)

Express Sculpt & Stretch

Light strength training combines with mindful stretching for a balanced, feel-good workout. You'll use light weights and controlled movements to tone the arms, legs, and core, then transition into deeper stretches designed to lengthen muscles and release tension. (no heat, medium intensity)

Gentle Yoga

A calming practice focused on slow, mindful movement, breath awareness, and deep relaxation. Perfect for beginners or anyone seeking a softer experience, this class supports mobility, stress relief, and inner balance. Poses are accessible, with plenty of options offered. (no heat, low intensity)

Hot Power Yoga

An intense, fast-paced flow designed to challenge your strength, stamina, and focus. This energizing practice builds muscle, increases flexibility, and pushes your edge both physically and mentally. Perfect for those who crave a bold, invigorating experience. (97°, high intensity)

Hot Vinyasa

A dynamic, heat-infused practice designed to build strength, flexibility, and focus. Move through a thoughtfully sequenced flow that links breath to movement in a warm, energizing environment. This class is perfect for those looking to sweat, detoxify, and deepen their practice. (95°, high intensity)



Joyflow Class Styles

Rooftop Hatha Flow

This unique experience combines the therapeutic benefits of guided meditation, resonant sound vibrations, and salt therapy. Breathe in the mineral-rich air to support respiratory health while sound and stillness restore your inner balance. No experience needed. (no heat, medium intensity)

Salt & Sound

Slow down, breathe deep, and move beneath the open sky in this grounding rooftop hatha flow. This class blends mindful movement, steady breath, and intentional holds to help you build strength, improve flexibility, and reconnect with yourself. (no heat, no intensity)

Vin to Yin

Discover the perfect balance of movement and stillness- beginning with a flowing Vinyasa sequence to build heat, strength, and energy, then transitioning into grounding Yin poses held for longer periods to release tension and deepen flexibility. (85°, medium intensity)

Warm Hatha

A slower-paced practice focused on intentional movement, breath awareness, and foundational postures. The gently heated room encourages muscle release and deeper stretching without intensity. This class supports strength, alignment, and inner calm. (85°, medium intensity)

Warm Yoga Burn

A strength-focused class that blends mindful movement with intentional, repetitive sequencing to build endurance and power. Expect a steady, energizing pace with options to modify or intensify, making it accessible for all levels. (85°, medium intensity)

Warm Yoga Core

Through intentional, breath-led movement, we target deep core muscles to improve stability, posture, and overall strength. Expect a steady, empowering pace that leaves you feeling strong, supported, and connected. (85°, medium intensity)

Warm Yoga Sculpt

This energizing class combines flow sequences with light weights, bodyweight exercises, and upbeat music to build muscle and boost endurance. Expect to sweat, tone, and leave feeling empowered. (85°, high intensity)

Yoga Lab

A welcoming, exploratory class that offers alignment-focused instruction with integrative and therapeutic applications for traditional yoga poses. Demonstrations and props support you in moving with comfort and confidence at an approachable pace. (no heat, low intensity)

