

THE ZEN ZONE

FEBRUARY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|---|
| | | | | | 1 12:10-12:50 Gentle Flow 5:30-6:30 Yin | 2 9:30-10:30 Warm 11-12 Flow |
| 3 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up) | 4 6:30-7:30 AM Flow 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm | 5 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow | 6 12:10-12:50 Flow 5:30-6:45 Vinyasa 7:15-8:30 Yin | 7 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips | 8 12:10-12:50 Gentle Flow 5:30-6:30 Yin | 9 9:30-10:30 Warm 11-12 Flow |
| 10 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up) | 11 6:30-7:30 AM Flow 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm | 12 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow | 13 12:10-12:50 Flow 5:30-6:45 Vinyasa 7:15-8:30 Yin | 14 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips | 15 12:10-12:50 Gentle Flow 5:30-6:30 Yin | 16 CLOSED |
| 17 CLOSED | 18 CLOSED | 19 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow | 20 12:10-12:50 Flow 5:30-6:45 Vinyasa 7:15-8:30 Yin | 21 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips | 22 12:10-12:50 Gentle Flow 5:30-6:30 Yin | 23 9:30-10:30 Warm 11-12 Flow |
| 24 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up) | 25 6:30-7:30 AM Flow 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm | 26 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow | 27 12:10-12:50 Flow 5:30-6:45 Vinyasa 7:15-8:30 Yin | 28 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips | | |