



SEP 8 - DEC 6, 2026

asana FALL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM						Hot Sculpt ⁶⁰ - LINDSAY -	Luminous ⁷⁵ - JILL -
11:00 AM		Yin Flow ⁶⁰ - MEREDITH -		Yin Flow ⁶⁰ - MEREDITH -			
NOON	Sol ⁴⁵ - JILL -		Sol ⁴⁵ - JILL -		Vinyasa ⁴⁵ - JILL -		
4:30 PM		Sculpt ⁴⁵ - LINDSAY -		Sculpt ⁴⁵ - LINDSAY -			Somatic ⁶⁰ - JACQUE -
5:30 PM	Hot ⁶⁰ - BROOKE -		Hot ⁶⁰ - LACEY -				
6:00 PM		Sol ⁶⁰ - MELINA -		Luminous ⁶⁰ - HEATHER -			\$5 Community ⁶⁰ - KELSEY -
7:00 PM				Breath & Mantra ⁶⁰ - LISA - BEGINS SEPT 23			

BOOK A CLASS

plus, learn more about classes & events

asanayoga.net

