A blue and black logo

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**Weekend Schedule Updates!**

*At Living Beyond Yoga, we often mix up our weekend schedule to offer more variety and options for your practice! As a registered school certifying teachers, we love bringing fresh experiences to our classes. Keep an eye out of new offerings and changes---there’s always something exciting happening to deepen your yoga, Journey!*

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 10am Flow/Glow  4:30 | 2 10:30am Free Aerial Yoga | 310:30am Hot Detox Yoga  4:30 | 4 9:15am Yoga Lab | 59:15am Yoga Sculpt Exp | 6 10:30am Hot 26 Pop-up | 7 9am Hot Detox Flow |
| 11:30am $15 Gentle Yoga | 4:30pm Yoga Shapeshifting  6pm Candlelight Yin Yoga | 4:30pm Yoga Rehab  6pm Hot Detox Yoga Flow | 4:30pm Hatha Flow  6pm Blissed Out | 4:30pm Shapeshifting  6pm Hot 26 | 5:30pm Zen/Tonic | 10:30am Mindful Flow Pop-up |
| 8 10am Flow/Glow  4:30 | 9 10:30am Free Aerial Yoga | 1010:30am Hot Detox Yoga  4:30 | 11 9:15am Yoga Lab | 129:15am Yoga Sculpt Exp | 13 | 14 9am Hot Detox Flow |
| 11:30am $15 Gentle Yoga | 4:30pm Yoga Shapeshifting  6pm Candlelight Yin Yoga | 4:30pm Yoga Rehab  6pm Hot Detox Yoga Flow | 4:30pm Hatha Flow  6pm Blissed Out | 4:30pm Shapeshifting  6pm Hot 26 | 5:30pm Zen/Tonic | 10:30am Mobility Flow  12pm Aerial Yoga Explore |
| 15 10am Flow/Glow  4:30 | 16 10:30am Free Aerial Yoga | 17 10:30am Hot Detox Yoga  4:30 | 18 9:15am Yoga Lab Shapeshifting | 19 9:15am Yoga Sculpt Exp | 20 | 21 9am Hot Detox Flow |
| 11:30am $15 Gentle Yoga | 4:30pm Yoga Shapeshifting  6pm Candlelight Yin Yoga | 4:30pm Yoga Rehab  6pm Hot Detox Yoga Flow | 4:30pm Hatha Flow  6pm Blissed Out | 4:30pm Shapeshifting  6pm Hot 26 | 5:30pm Zen/Tonic | 10:30am Yin Yoga Pop-Up |
| 22 10am Flow/Glow Fusion  4:30 | 23 10:30am Free Aerial Yoga | 24 Closed  4:30 | 25 Closed Shapeshifting | 26 9:15am Yoga Sculpt Exp | 27 | 28 9am Hot Detox Flow |
| 11:30am $15 Gentle Yoga | 4:30pm Yoga Shapeshifting  6pm Candlelight Yin Yoga | Christmas Eve | Merry Christmas | 4:30pm Shapeshifting  6pm Hot 26 | 5:30pm Zen/Tonic | 10:30am Mobility Flow  12pm Aerial Yoga Explore |
| 2910am Flow/Glow | 30 10:30am Free Aerial yoYoga  4:30 | 31 10:30am Hot Detox |  |  |  |  |
| 11:30am $15 Gentle Yoga | 4:30pm Yoga Shapeshifting  6pm Candlelight Yin Yoga |  |  |  |  |  |