



Daily Wellness Programing

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM	Rise & Shine Flow	Rise & Shine Flow				Total Body Boost (45 minutes)	Rise & Shine Flow
8AM			Sculpted Flow		Core Flow	Vinyasa	
8:15AM							Total Body Boost (45 minutes)
5PM		Flow into Stillness	Total Body Boost (45 minutes)	Total Body Boost (45 minutes)	Barre		
6PM					Restorative Yoga, Reiki & Sound Bath (6:15pm)		Flow into Stillness
7PM	Slow Flow & Meditation			Yin & Yoga Nidra			

Rise and Shine Yoga

An energizing yet calming blend of breath, meditation, and flow yoga, perfect for starting your day.

Vinyasa

A mindful morning vinyasa inspired by traditional practice, combining flowing standing sequences with grounding seated work to leave you feeling strong and centered.

Resortative Yoga with Reiki & Sound Bath

A soothing restorative yoga practice combined with Reiki energy work and a sound bath experience to promote relaxation and energetic balance. Touch is optional and always guided by guest comfort.

Slow Flow & Meditation

A slow, mindful yoga flow followed by a grounding guided meditation.

Yin & Yoga Nidra

A slow, grounding class combining longer-held yin yoga postures with a guided Yoga Nidra (yogic sleep) to support deep relaxation.

Sculpted Flow

A full-body fusion of pilates inspired movement and yoga flow, linking breath and movement to strengthen, lengthen, and energize the body.

Core Flow

A mindful blend of core work and yoga flow, designed to strengthen the midsection, improve posture, and enhance overall body awareness.

Flow into Stillness

A gentle vinyasa flow followed by longer yin holds and a deeply relaxing savasana.

Barre

This fitness class combines dance-based cardio movement with strength and flexibility for a complete workout.

Total Body Boost

A circuit-style, full-body workout using a variety of equipment to challenge strength, balance, and core stability.

