

weekly schedule

as of 4/1/24

the following is a list of our regularly scheduled classes.
please see our website for the exact schedule, class
descriptions, and pricing information.

monday

9:30am-10:30am
all levels yoga

12:00am-12:45am
all levels yoga (in person or virtual)

6:00pm-6:45pm
heated vinyasa flow express

6:00pm-6:45pm
kickboxing

7:00pm-8:00pm
back to basics yoga

7:00pm-8:15pm
heated vinyasa flow

tuesday

6:15am-7:15am
all levels yoga (virtual)

9:30am-10:30am
gentle yoga

6:00pm-6:45pm
rowfit strength

6:00pm-6:45pm
meditation

7:00pm-8:00pm
gentle Yoga

7:15pm-8:15pm
unnata aerial yoga

wednesday

9:30am-10:30am
all levels yoga

11:00am-11:45am
chair yoga

11:00am-11:45am
rowfit

12:00pm-12:45pm
all levels yoga (in person or virtual)

5:00pm-5:45pm
yoga for kids

6:00pm-6:45pm
heated vinyasa flow express

6:00pm-6:45pm
mindful unwind

7:00pm-8:00pm
all levels yoga

7:00pm-8:00pm
warm yin yoga

thursday

6:15am-7:15am
all levels yoga (virtual)

9:30am-10:30am
slow flow yoga

5:45pm-6:30pm
rowfit strength

6:00pm-7:00pm
slow down. relax

7:00pm-8:15pm
heated vinyasa flow

7:15pm-8:15pm
unnata aerial yoga



© Karen Allen



friday

9:30am-10:45am
gentle yoga

5:30pm-6:30pm
happy hour yoga

11:00am-11:45am
rowFIT strength

12:00pm-12:45pm
all levels yoga (in person or virtual)

saturday

8:00am-9:00am
heated vinyasa flow

8:00am-9:00am
barre & more

9:30am-10:30am
all levels yoga

sunday

9:30am-10:30am
all levels yoga

9:30am-10:30
barre & more

11:00am-12:00pm
gentle yoga



moondog
yogasm

relax. release. let it go.

moondogyoga.com