weekly schedule

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 levles 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)

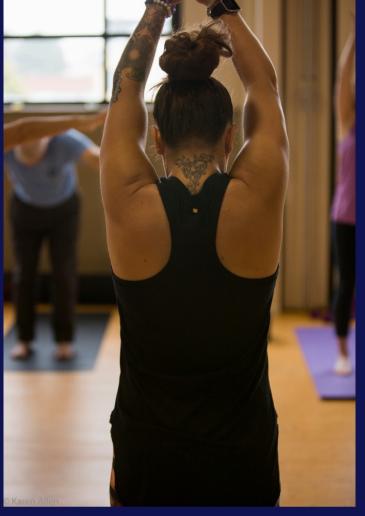
9:30am-10:30am slow flow yoga

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







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



relax. release. let it go.

moondogyoga.com





