



AKASHA MOVEMENT

MOVE • BREATHE • BALANCE • CONNECT

ALL LEVELS WELCOME

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00	Functional Strength w/Ashley		Vinyasa Flow Heated w/Sky		Vinyasa Flow Heated w/Nikole		
7:00				Functional Strength w/Ashley		8:00 AM Heated Sculpt w/Sky	
9:00	All - Levels Vinyasa Flow w/Ryan	Vinyasa Flow Heated w/Nikole	Slow Flow w/Lauren	Dharma Yoga w/ Infrared Heat w/Sky	Ashtanga Vinyasa (75 Min) w/Trevor	9:30 AM All-Levels Vinyasa Flow w/Natalie	Sculpt + Mobility (Gently Heated) w/Jessica
12:00		Restorative w/Sky					10:30 AM Vinyasa Flow w/Carrigan
4:00			BURN- Full Body w/Jessica				
5:30	Hot Vinyasa Flow w/Sky	Ashtanga Vinyasa (75 Min) w/Trevor	Vinyasa Flow Heated (75 Min) w/Myriah	Heated Sculpt w/Sky	Mat Pilates (50 Min) w/Sky		Restorative w/Brandi
7:00	Restore & Yoga Nidra w/Lauren	Traditional Hot Yoga (26 & 2) w/Nikole	Candlelight Slow Flow w/Myriah	Sound and Restore			

All classes 60 min unless otherwise listed on the schedule.

HEAT LEVEL GUIDE

- Heated — 92–98°F
- Hot — 98–105°F

Please arrive 10 Minutes Early,
bring Water and your Mat.

Modifications offered in every class.

UPCOMING EVENTS

- SEP 12, 2026: Sound & Radiant
- SEP 25, 2026: 9-D Breathwork Experience
- SEP 26, 2026: Sister Circle



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COME AS YOU ARE, LEAVE INSPIRED.