AKASHA MOVEMENT

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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	**Functional Strength** w/Sky	🔥 **Vinyasa Flow Heated** w/Nikole		
7:00						🔥 **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	**Gentle Yoga w/Sky**	**10:30 AM Spinal Reset** w/Lauren					**10:30 AM Vinyasa Flow** w/Carrigan
4:00	🔥🔥 **BURN- Full Body** w/Jessica		🔥🔥 **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/Jamie	🔥 **Mat Pilates (50 Min)** w/Sky		**Breathe & Restore** w/Nikole
7:00	**Restore & Myofacial Release** w/Kelley	🔥🔥 **Traditional Hot Yoga (26 & 2) (75 Min)** w/Nikole	**Candlelight Slow Flow** w/Myriah	**Sound Bath** w/Rebecca			

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.

UPCOMING EVENTS

- Nov 7 & 8 — The Essentials - Navakaraṇa Vinyāsa Method Event Weekend
- Nov 14 — Mommy & Me Mat Pilates + Dancefit Class
- Nov 15 — Cosmic Rest
- Nov 20 — 9-D Breathwork Experience

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