

Sky's The Limit Yoga Co

WEEKLY IN STUDIO SCHEDULE AS OF 10/15/25

MONDAY

7:30A Flow
60min

10A Slow Flow
60min

5:15P Slow Flow
60min

TUESDAY

10A Gentle Hatha
60min

5:15P Restorative
60min

WEDNESDAY

7:30A Slow Flow
60min

10A Gentle Hatha
60min

5:15P Slow Flow
60min

THURSDAY

10A Gentle Hatha
60min

5:15P Slow Flow
60min

FRIDAY

9:45A Hakuna Matata
Flow 60min

11A Flow Express Happy
Hour 45min

SAT/SUN

Saturday

9:45A Flow 60min

11A Slow Flow 60min

Sunday

10:15A Slow Flow 60min

1st 5:30P Mobility 45min

3rd 5:30P Restorative 60min

712 Randolph Ave Unit C Cape Charles 23310

All memberships + punch cards also get access to all NFK virtual offerings
purple = new offering and/or time