

Sky's The Limit Yoga Co

WEEKLY IN STUDIO SCHEDULE AS OF 10/15/25

MONDAY

7:15A Flow 60min
12P Flow 60min
4:15P Slow Flow Express
45min
5:30P Buti 60min
5:30P Restorative 45min
7P 50/50 Power/Yin 75min*

TUESDAY

5:30A Flow 45min
6:30A Flow 60min*
9:30A Flow 60min
12P Flow 60min
4:15P Mobility 60min
5:15P Flow 60min
1st & 3rd 5:15P Prenatal
60min
6:45P Restorative 60min

WEDNESDAY

7:15A Flow 60min
12P Flow 30min*
2:00P Slow Flow 60min
4:15P Toddler Yoga 45min
5:30P Flow 60min
5:30P Kid's Yoga 60min
7P Power For EveryBODY
60min
8:15P Candlelight Yin 45min

THURSDAY

5:30A Flow Express 45min
6:30A Flow 60min
9:30A Flow 60min
12P Flow 60min*
5:15P Slow Flow 60min
6:45P Mobility 45min

FRIDAY

7:15A Flow 60min
12P Flow 60min
2P Hatha 60min
4:15P Flow Express Happy Hour
45min*
5:30P Flow Down Get Down
Happy Hour 60min
7P Yin 60min

SAT/SUN

Saturday

8A Power For EveryBODY 60min
9:30A Flow 60min
9:30A Kid's Yoga 60min
11:00A Slow Flow 60min
4th 11:00A Toddler Yoga 45min

Sunday

8:30A Hakuna Matata Flow 60min*
10:00A Flow 60min
1st 11:30A Self Care 60min
5:30P Restorative 60min*

115 W 25th Street Suite A NFK 23517

* = in person + virtual
purple = new offering and/or time

FREE Co-working :: Mon + Fri 1-4:15P || Tue + Thur 7:30A-12P || Wed 12:30-5:15P