

# Sky's The Limit Yoga Co

WEEKLY IN STUDIO SCHEDULE AS OF 12/2/24

## MONDAY

**6:00A** Flow 60min  
**8:00A** Flow 60min  
**12P** Flow 60min  
**4:15P** Slow Flow Express  
45min  
**5:30P** Buti 60min  
**7P** 50/50 Power/Yin 75min\*

## TUESDAY

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

## WEDNESDAY

**6A** Slow Flow 60min  
**7:15A** Flow 60min  
**12P** Flow 30min\*  
**2:00P** Slow Flow 60min  
**5:30P** Flow 60min  
**5:30P** Kid's Yoga 60min  
**7P** Power For EveryBODY  
60min  
**8:15P** Candlelight Yin

## THURSDAY

**5:30A** Flow Express 45min  
**6:30A** Flow 60min  
**9:30A** Flow 60min  
**12P** Flow 60min\*  
**5:15P** Slow Flow 60min  
**4th 5:15P** Flow & Flight  
60min^  
**6:45P** Mobility 45min

## FRIDAY

**6A** Flow 60min  
**8A** Flow 60min  
**12P** Flow 60min  
**4:15P** Flow Express 45min\*  
**5:30P** Flow Down Get Down  
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  
**5:30P** Restorative 60min\*  
**6:35P** Meditation 15min

**115 W 25th Street Suite A NFK 23517**

\* = in person + virtual

^starting in January

purple = new offering and/or time