

Sky's The Limit Yoga Co

WEEKLY IN STUDIO SCHEDULE AS OF 5/1/23

MONDAY

6:15A Flow 30min
7:15A Flow 60min
12P Flow 60min
4:15P Slow Flow Express
45min
5:30P Buti 60min
2nd & 4th 5:45P Roll &
Stretch 45min
7P 50/50 Power/Yin 75min*

TUESDAY

5:30A Flow 45min
6:30A Yoga For Athletes
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*
4:15P Slow Flow Express
45min
5:30P Flow 60min
5:30P Kid's Yoga 60min
7P Power For EveryBODY
60min

THURSDAY

5:30A Flow Express 45min
6:30A Flow 60min
9:30A Flow 60min
12P Flow 60min
5:15P Slow Flow 60min
6:45P Flow 60min*
7P Mobility 45min

FRIDAY

6A Power For EveryBODY 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
2nd & 4th 10:45A Yoga For
Athletes 60min
2nd 10:45A Mommy + Me 45min
3rd 10:45A Flow & Flight 60min
4th 10:45A Toddler Yoga 45min

Sunday

8:30A Hakuna Matata Flow 60min*
10:15A Flow 60min
5:30P Restorative 60min*
6:35P Meditation 15min

115 W 25th Street Suite A NFK 23517

*in person + virtual
purple =once a week or less