INYE at a glance

New Fall Schedule starting September 12th | Virtual option available for all classes

MON	TUES	WED	THUR	FRI	SAT	SUN
7:00AM WARM **DEEP STRETCH** Beginner Friendly	6:30AM WARM **DEEP STRETCH** Beginner Friendly	7:00AM HOT **HATHA I** Beginner Friendly	6:30AM WARM **DEEP STRETCH** Beginner Friendly	7:00AM **FUNCTIONAL MOBILITY** Virtual only	8:00AM (75min) **HATHA**	8:30AM HOT **HATHA I-II** Advanced
9:30AM HOT **HATHA**	9:30AM HOT **HATHA**	9:30AM WARM **DEEP STRETCH** Beginner Friendly	9:30AM HOT **HATHA**	10:00AM HOT **HATHA**	HOT 10:00AM (75min) **HATHA I-II** Advanced	10:00AM HOT **HATHA**
12:00PM **VINYASA**	12:00PM **HATHA**	12:00PM **HATHA**	12:00PM **YOGA STRONG**	12:00PM WARM **DEEP STRETCH** Beginner Friendly	12:00PM HOT **VINYASA**	12:00PM HOT **VINYASA CORE**
1:30PM **GENTLE** Beginner Friendly	1:30PM WARM **REVITALIZING STRETCH w/ BREATHWORK** Beginner Friendly	1:30PM WARM **AYURYOGA** Beginner Friendly	1:30PM **HATHA I** Beginner Friendly	1:30PM **REVITALIZING STRETCH w/ BREATHWORK** Beginner Friendly		
5:30PM HOT **HATHA**	5:30PM HOT **VINYASA**	5:30PM HOT **HATHA**	5:30PM HOT **HATHA**	5:00PM HOT **HATHA**	4:30PM WARM **DEEP STRETCH** Beginner Friendly	
	6:00PM **REVITALIZING STRETCH w/ BREATHWORK** Beginner Friendly	6:00PM **VINYASA**	6:00PM **REVITALIZING STRETCH w/ BREATHWORK** Beginner Friendly	5:30PM (75min) **REIKI RESTORATIVE** Beginner Friendly		5:30PM HOT **VINYASA**
7:00PM HOT **HATHA I-II** Advanced	7:00PM **GENTLE** Beginner Friendly	7:00PM HOT **HATHA I-II** Advanced	7:00PM HOT **HATHA I-II** Advanced	7:00PM HOT **HATHA**		7:00PM HOT **HATHA**
7:30PM **HATHA I w/ CANDLELIGHT** Beginner Friendly	8:30PM WARM **YIN MEDITATION**	8:30PM **HYPNOYOGA** Beginner Friendly	8:30PM HOT **SLOW RELEASE FLOW** Beginner Friendly			
8:30PM HOT **SLOW RELEASE FLOW** Beginner Friendly						

*A Yoga mat is required for all practices. Two yoga blocks & a strap are highly recommended.

** Yin Meditation, HypnoYoga & Restorative practices are most beneficial with a bolster, a blanket, and two yoga blocks.

*** Yoga Strong practices often use two free weights & two yoga blocks.