

INYE AT A GLANCE

In-studio & Virtual option available for all practices — New Schedule starts Aug 3rd, 2026

MON	TUES	WED	THUR	FRI	SAT	SUN
7:00AM  DEEP STRETCH		7:00AM  FOUNDATION HATHA		7:00AM  ALIGNMENT YOGA	8:15AM  AYURYOGA	8:30AM  ADVANCED HATHA
9:30AM  INTERMEDIATE HATHA	9:30AM  INTERMEDIATE HATHA	9:30AM  DEEP STRETCH	9:30AM  SLOW FLOW	10:00AM  INTERMEDIATE HATHA	10:00AM  ADVANCED HATHA	10:00AM  DYNAMIC FLOW
12:00PM  SLOW FLOW	12:00PM INTERMEDIATE HATHA w/ MEDITATION	12:00PM INTERMEDIATE HATHA	12:00PM INTERMEDIATE HATHA	12:00PM  DEEP STRETCH	12:00PM  DYNAMIC FLOW	12:00PM  STRENGTH BASED HATHA
1:30PM GENTLE HATHA		1:30PM CHAIR YOGA				

					4:30PM DEEP STRETCH	
6:00PM  STRENGTH BASED HATHA	6:00PM  INTERMEDIATE HATHA	6:00PM  DYNAMIC FLOW	6:00PM YOGA STRONG	5:45PM REIKI RESTORATIVE YOGA		5:30PM  INTERMEDIATE HATHA
7:15PM  ADVANCED HATHA	7:15PM GENTLE HATHA	7:15PM  ADVANCED HATHA	7:15PM  ADVANCED HATHA	6:00PM  DYNAMIC FLOW		5:30PM MANTRA & BREATHWORK MEDITATION
7:30PM YOGA101: LEARN THE BASICS (OUTREACH)	7:30PM RESTORATIVE YOGA (OUTREACH)	7:30PM SLOW FLOW (OUTREACH)	7:30PM ALIGNMENT YOGA (OUTREACH)	7:15PM  INTERMEDIATE HATHA w/ MEDITATION		7:00PM REST & RELEASE
8:30PM  SLOW FLOW	8:30PM YIN YOGA	8:30PM HYPNOYOGA: GUIDED MEDITATION	8:30PM  SLOW FLOW			

-  **Hot** - Summer (32C-35C) / Winter (34C-37C)
-  **Warm** - Summer (28C-30C) / Winter (28C-32C)
- Regular** - Summer (24C-26C) / Winter (24C-27C)

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

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