

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	6:00PM SLOW FLOW (OUTREACH)	7:15PM 🔥 ADVANCED HATHA	6:00PM 🔥 DYNAMIC FLOW		7:00PM REST & RELEASE
7:30PM YOGA101: LEARN THE BASICS (OUTREACH)	7:30PM RESTORATIVE YOGA (OUTREACH)	7:15PM 🔥 ADVANCED HATHA	7:30PM ALIGNMENT YOGA (OUTREACH)	7:15PM 🔥 INTERMEDIATE HATHA w/ MEDITATION		
8:30PM 🔥 SLOW FLOW	8:30PM 🔥 YIN YOGA	7:15PM MANTRA & BREATHWORK MEDITATION	8:30PM 🔥 SLOW FLOW			
		8:30PM HYPNOYOGA: GUIDED MEDITATION				

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