

Helios Yoga Class Schedule – Summer 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30AM -7:30AM FLOW EMILY		6:30AM -7:30AM FLOW ALEXANDRA		8:00AM -9:00AM POWER ISAIAH	9:00AM-10:00AM FLEX ALITHIA
9:30AM-10:30AM FLEX MUTTI		9:30AM -10:30AM FLEX MUTTI		9:30AM-11:00 AM YIN TERRY	9:30AM-10:30AM FUSION EMILY	10:30AM - 11:30AM FLOW ALITHIA
					11:00AM-12:30PM H26 CASSANDRA	
4:30PM - 5:30PM FLOW MUTTI	4:30PM-5:30PM POWER JILL	4:30PM-6:00PM H26 LAURA	4:30PM-5:30PM H26 EXPRESS TERRY	4:30PM-5:30PM H26 EXPRESS TERRY		3:00PM-4:30PM H26 TERRY
6:30-7:30PM H26 EXPRESS LEAH	6:00PM-7:30PM H26 BETHANY	6:30PM - 7:30PM FLOW AUDREY	6:00PM - 7:30PM H26 BETHANY			