

Helios Yoga Class Schedule – Fall 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30AM -7:30AM FLOW EMILY		6:30AM -7:30AM FLOW AUDREY		9:00AM -10:00AM POWER ISAIAH	9:00AM-10:00AM FLEX ALITHIA
				9:30AM-11:00 AM YIN CASSANDRA		10:30AM - 11:30AM FLOW ALITHIA
					11:00AM-12:30PM H26 CASSANDRA	
4:30PM - 5:30PM FLOW MUTTI		4:30PM-5:30PM POWER VICTORIA		4:30PM-5:30PM H26 EXPRESS TERRY	1:30M-2:45PM YIN CASSANDRA	3:00PM-4:30PM H26 TERRY
6:30-7:30PM H26 EXPRESS LEAH	6:00PM-7:30PM H26 BETHANY	6:30PM - 7:45PM CANDLELIGHT FLOW AUDREY	6:00PM - 7:30PM H26 BETHANY	6:00-7:00PM HAPPY HOUR POWER HOUR AUDREY		