

MONDAY

5:30AM | WAKE UP & FLOW
8:00AM | INFUSED WORKOUT
10:00AM | HOT INFUSED SYNERGY
5:30PM | HOT BODY INFUSION
7:30PM | \$5 FLEX FUSION

TUESDAY

5:30AM | WAKE UP & FLOW
12:00 PM | HOT VINYASA FLOW
4:30PM | HOT VINYASA FLOW
6:30PM | VINYASA POWER FLOW

WEDNESDAY

5:30AM | WAKE UP & FLOW
8:00AM | INFUSED WORKOUT
12:00PM | HOT VINYASA FLOW
5:30PM | POWER FUSION
7:30PM | HOT VINYASA FLOW

THURSDAY

5:30AM | WAKE UP & FLOW
12:00PM | HOT VINYASA FLOW
4:30PM | HOT VINYASA FLOW
6:30 PM | \$5 FLEX FUSION

FRIDAY

5:30AM | WAKE UP & FLOW
8:00AM | INFUSED WORKOUT
12:00PM | INFUSION STRETCH
4:00 PM | HOT YIN GLOW
5:30 PM | HOT BODY INFUSION

SATURDAY

9:30AM | POWER FUSION 90
12:00PM | YINFUSED

SUNDAY

9:30AM | POWER FUSION 90
12:00PM | INFUSED HATHA YOGA
5:30PM | RESTORATIVE YOGA



INFUSED
YOGA + FITNESS

@infused_yoga