

INFUSED

YOGA + FITNESS

CLASS SCHEDULE

Sign Up on the
MindBody App
Walk-ins Always Welcome!

INFUSED-
YOGA.COM

MONDAY

- 5:30am **Wake Up & Flow** (60 min, Hot)
- 8:00am **Infused Workout** (75 min, Unheated)
- 10:00am **Hot Vinyasa Flow** (60 min, Hot)
- 5:30pm **Hot Vinyasa Flow** (60 min, Hot)
- 7:30pm **\$5 Flex Fusion** (60 min, Hot)

TUESDAY

- 8:30am **Power Fusion** (60 min, Hot)
- 12:00pm **Infused Flow** (60 min, Hot)
- 4:30pm **Hot Vinyasa Flow** (60 min, Hot)
- 6:30pm **Vinyasa Power Flow** (60 min, Hot)

WEDNESDAY

- 5:30am **Wake Up & Flow** (60 min, Hot)
- 8:00am **Infused Workout** (75 min, Unheated)
- 12:00pm **Fusion Stretch** (60 min, Hot)
- 5:30pm **Power Fusion** (60 min, Hot)
- 7:30pm **Hot Vinyasa Flow** (60 min, Hot)

THURSDAY

- 8:30am **Power Fusion** (60 min, Hot)
- 12:00pm **Hot Vinyasa Flow** (60 min, Hot)
- 4:30pm **Hot Vinyasa Flow** (60 min, Hot)
- 6:30pm **Infused Vinyasa** (60 min, Hot)

FRIDAY

- 5:30am **Wake Up & Flow** (60 min, Hot)
- 8:00am **Infused Workout** (75 min, Unheated)
- 12:00pm **Power Fusion** (60 min, Hot)
- 4:00pm **Hot Yin Glow** (60 min, Hot)
- 5:30pm **Hot Body Infusion** (60 min, Hot)

SATURDAY

- 9:30am **Power Fusion 90** (90 min, Hot)
- 12:00pm **Yinfused** (60 min, Warm)

SUNDAY

- 9:30am **Power Fusion 90** (90 min, Hot)
- 5:30pm **Restorative Yoga** (60 min, Unheated)