

CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 am warm fusion	6:30 am hot flow – all levels	8:30 am warm flow - all levels	6:30 am hot flow – all levels	8:30 am warm fusion	8:30 am hot hatha	8:30 am hot flow 1-2
10 am + warm flow 1	8:30 am hot pilates	10 am + warm hatha	8:30 am – \$10 hot pilates	10 am + warm hatha	10 am + hot flow 1-2	10 am + hot hatha
12 pm – \$10 hot hatha	10 am + hot flow 1-2	11 am parent & baby* (preregistered)	10 am + hot flow 1-2	12 pm warm pilates	10:15 am core flow	11:30 am hot pilates
1:30 pm yoga & meditation	11:30 am gentle yoga & meditation	12 pm warm pilates	11 am + flow & restore	2 pm warm flow 1-2	11:30 am hot flow 1	11:45 am flow 1
4 pm warm hatha	1 pm hot flow 1-2	4 pm hot flow – all levels	1 pm hot hatha	4 pm + hot flow 1-2	12:30 pm hatha	1 pm + hot fusion
5:30 pm hot flow 1	4 pm hot flow 1	5:30 pm + hot flow 1-2	4 pm hot body tone	5:30 pm hot flow 2	1 pm + hot flow – all levels	3 pm hot hatha
6 pm beginner yoga	5:30 pm hot hatha	6 pm + prenatal* (preregistered)	5:30 pm hot hatha	6 pm + flow & restore	2 pm + restorative	5 pm + hot flow 1-2
7 pm + hot flow 1 - 2	6 pm hatha	7 pm + hot fusion	6:30 pm hatha	7 pm hot hatha	3:30 pm beginner yoga	5:30 pm + restorative
7:15 pm + hatha	7 pm + hot flow 1-2	7:30 pm + flow & restore	7 pm + hot flow 1-2	7:30 pm flow 1-2	4 pm hot body tone	7 pm + warm yin/yang
8:30 pm hot body tone	7:15 pm + restorative	8:30 hot hatha	8 pm SEEDS Yoga* (prereg, no drop ins)		5:30 pm hot hatha	7:15 pm + Nidra
8:45 pm flow 1-2	8:15 pm hot fusion		8:30 pm + warm yin & meditation			<i>(Queer & Trans Yoga returns as a weekly class, Sundays at 1:15 pm in July!)</i>
	8:45 pm flow – all levels					

Please refer to the **LIVE** schedule on Union's website / app as this schedule may change. While we are open every day, we offer an amended schedule on holidays.

This schedule was created Spring 2019.

+ indicates a 75 minute class, otherwise all classes classes are 1 hour long.

*** Preregistered** – clients may drop in if there is space in the preregistered series. Regular class passes not not apply. Drop in prices vary per series.

Highlighted classes - takes place in the regular temperature studio