

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 + warm hatha	8:30 am warm 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 + warm hatha
12 pm – \$10 warm 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	1:30 pm \$ – \$\$ accessible yoga (chairs optional & sliding scale)	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	4 pm hot flow – all levels	4 pm hot body tone	5:30 pm hot flow 2	1 pm + hot flow – all levels	1:15 pm + \$ – \$\$ queer & trans yoga (sliding scale)
6 pm beginner yoga	5:30 pm hot hatha	5:30 pm + hot flow 1–2	5:30 pm hot hatha	6 pm + flow & restore	2 pm + restorative	3 pm hot hatha
7 pm + hot flow 1 - 2	6 pm hatha	6 pm + prenatal* (preregistered)	6 pm hatha	7 pm hot hatha	3:30 pm beginner yoga	5 pm + hot flow 1–2
7:15 pm + flow 1–2	7 pm + hot flow 1–2	7 pm + hot fusion	7 pm + warm flow 1–2	7:30 pm flow 1–2	4 pm hot body tone	5:30 pm + restorative
8:30 pm hot body tone	7:15 pm + restorative	7:30 pm + flow & restore	8 pm SEEDS Yoga* (prereg, no drop ins)		5:30 pm hot hatha	7 pm + warm yin/yang
8:45 pm hatha	8:15 pm hot fusion	8:30 hot hatha	8:30 pm + warm yin & meditation			7:15 pm nidra
	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 holidays & long weekends.. This schedule was created late Fall 2019.

+ indicates a 75 minute class, otherwise all classes are 1 hour long.
*** Preregistered** – clients may drop in if there is space in the preregistered series. Regular class passes not apply. Drop in prices vary per series.
Highlighted classes - take place in the regular temperature studio