



Resonance  
Yoga Collective

# WEEKLY SCHEDULE

We believe that the practice of yoga should be accessible to all. Our offerings are shared with flexible, compassionate pricing on a sliding scale. Support your teachers and this community, at a level that aligns with your budget.

## MONDAY

9-10am Refresh Flow  
12-12:45pm Refresh Flow  
12:10-12:50pm Pilates Livestream  
4:15-5pm Refresh Hatha  
6-7pm Revitalize Chill Flow ★  
7:30-8:30pm Restore & Meditation

## THURSDAY

9-10am Reflect Hatha  
12-12:45pm Refresh Flow  
6-7:15pm Revitalize Flow ★

## TUESDAY

9-10am Reflect Hatha  
12-12:45pm Refresh Flow  
6-7:15pm Revitalize Flow ★

## FRIDAY

9-10am Refresh Flow  
12-12:45pm Refresh Flow  
12:10-1pm Foam Roller Livestream

## WEDNESDAY

9-10:15am Reset Therapeutic Yoga  
12-12:45pm Refresh Flow  
12:10-12:50pm Pilates Livestream  
4:15-5pm Reflect Hatha  
6-7pm Revitalize Flow ★

## SATURDAY

9-10:15am Restore Yin Yoga  
11am-12pm Refresh Flow

## SUNDAY

9:30-11am Resonance Flow  
4-5pm Revitalize Flow ★

All classes are appropriate for all levels, unless marked as intermediate with this symbol ★

[www.resonanceyogacollective.com](http://www.resonanceyogacollective.com)