

Sunny Street Yoga

Fusing Flow and Wellness



L class offered live
V class offered virtually

Weekly Class Schedule

Sunday

Slow Flow (9:30 AM, **L**)
Vinyasa (2 PM, **LV**)
Yin and Yoga Nidra (5 PM, **L**)
Restorative Story Hour 7 PM, **L**)

Monday

TBD (9 AM, **L**)
Tai Chi (2:30 PM, **LV**)
Total-Body Vinyasa (5:30 PM, **LV**)
Yin and Meditation (7 PM, **L**)

Tuesday

Mindful Flow (5:30 PM, **V**)
Vinyasa (7:30 PM, **LV**)

Wednesday

All-Levels Ashtanga (6 PM, **LV**)
Yin and Meditation (7:30 PM, **LV**)

Thursday

Mindful Flow (7 AM, **V**)
Restorative Stretch (2PM, **L**)
Slow Flow (6 PM, **LV**)
Vinyasa (7:30 PM, **L**)

Friday

All-Levels Ashtanga (10 AM, **LV**)
Youth Yoga (4:30 PM, **L**)
Book to Body Flow (6 PM, **L**)

Saturday

Restorative Stretch (9:30 AM, **L**)
Strength Training (8:30 AM, **L**)
Ashtanga-Flavored Workshop (2 PM, **L**)

Session types and times may change occasionally. Visit sunnystreetyoga.com to find the most up-to-date schedule.

