

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:00 - 7:00 AM Vinyasa [1-2] Jess Geevarghese	5:00 - 6:00 AM Vinyasa - Warm [1-2] Sandy Badillo	6:00 - 7:00 AM Vinyasa [1-2] Jess Geevarghese	5:00 - 6:00 AM Vinyasa - Warm [1-2] LaShell Carter	8:30 - 9:30 AM Vinyasa [1-2] Joe Lee	8:15 - 9:30 AM Hip Hop Yoga - Heated [2] Victoria O'Neal	8:30 - 9:45 AM Power Flow - Warm [3] Sean Maki
9:00 - 10:00 AM Chair Yoga [1] Jess Geevarghese	8:30 - 9:30 AM Hot Pilates - Heated [2-3] Cheryl Alexander	8:30 - 9:30 AM Vinyasa [1-2] Camille McLeod	8:30 - 9:30 AM Hot Pilates - Heated [2-3] Cheryl Alexander	9:30 - 10:45 AM Hatha [1-2] Jess Define	9:45 - 10:45 AM Power Flow - Heated [2-3] Lauren Dawson	10:30 - 11:30 AM Hot Pilates - Heated [2-3] Cheryl Alexander
9:30 - 10:30 AM Gentle Vinyasa [1-2] Joe Lee	9:30 - 10:45 AM Hatha [1-2] Jess Define	9:00 - 10:00 AM Chair Yoga [1] Jess Geevarghese	9:45 - 10:45 AM Vinyasa - Heated [2] Cheryl Alexander	4:30 - 5:30 PM Vinyasa - Warm [2] Camille McLeod	9:45 - 10:45 AM Kids Yoga - Ages 5-10 Victoria O'Neal	12:00 - 1:00 PM Vinyasa - Warm [2] Lauren Dawson
12:00 - 1:00 PM Vinyasa - Heated [2-3] Gabriel Waturuocha	12:00 - 12:45 PM Flow & Go - Warm [1-2] Cheryl Alexander	9:45 - 10:45 AM Hatha [2] Camille McLeod	12:00 - 12:45 PM Flow & Go - Warm [1-2] Karina Ferro	6:15 - 7:15 PM Vino Vinyasa - \$5 FLOW [1-2] Karina Ferro	12:00 - 1:15 PM Slow Flow - Heated [2] Lauren Dawson	4:30 - 5:45 PM Traditional Yoga [1-2] Padma Reddy
4:30 - 5:30 PM Hatha - Warm [1-2] Karina Ferro	4:30 - 5:30 PM Vinyasa - Warm [2] Camille McLeod	12:00 - 1:00 PM Vinyasa - Heated [2-3] Gabriel Waturuocha	4:30 - 5:30 PM Vinyasa [1-2] Jess Geevarghese	7:30 - 8:30 PM Restorative [1] Jess Geevarghese	4:30 - 5:45 PM Vinyasa - Heated [2-3] Gabriel Waturuocha	6:00 - 7:00 PM Hatha [1-2] LaShell Carter
6:00 - 7:15 PM VinYin [1-2] Lauren Dawson	6:00 - 7:00 PM Power Flow [2-3] Camille McLeod	4:30 - 5:30 PM Hatha - Warm [1-2] Cheryl Alexander	6:00 - 7:15 PM Power Flow - Heated [2-3] Lauren Dawson			
7:30 - 8:30 PM Vinyasa - Warm [2] Lauren Dawson	7:30 - 8:30 PM Gen Strength - Heated [2-3] Karina Ferro	6:15 - 7:15 PM Hot Pilates - Heated [2-3] Cheryl Alexander	7:30 - 8:30 PM Gen Strength - Heated [2-3] Karina Ferro			
	8:45 - 9:45 PM Restorative Yin [1] Justin Cheung	7:30 - 8:30 PM Urban Zen Restorative [1] Joe Lee	8:45 - 9:45 PM Restorative Yin [1] Justin Cheung			

**INTENSITY**

[1]low impact, gentle  
[2]moderate/intermediate  
[3]high intensity

**HEAT**

NON-HEATED: room temp  
WARM: 80-85°  
HEATED: 85-90°

**\$5 FLOW!**  
Bring yourself and  
bring your friends!

CLASSES  
WITH  
BABYSITTING



For MOST ACCURATE SCHEDULE, check [genyogatx.com/schedule](http://genyogatx.com/schedule)

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