

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9:00 - 10:00 AM Chair Yoga [1] Jess Geevarghese	8:00 - 9:00 AM PHIIT Fusion [2-3] Savannah Ruddock	9:00 - 10:00 AM Chair Yoga [1] Jess Geevarghese	9:15 - 10:30 AM PHIIT Fusion [2-3] Victoria Walther	9:00 - 10:15 AM VinYin [1-2] Victoria O'Neal	8:00 - 9:00 AM Gen Flow [2] Gen Yoga Teacher	10:00 - 11:00 AM PHIIT Fusion [2-3] Savannah Ruddock
12:00 - 1:00 PM Vinyasa - Heated [2-3] Gabriel Waturuocha	10:00 - 11:00 AM Hatha [1-2] Jess Define	12:00 - 1:00 PM Vinyasa [2-3] Gabriel Waturuocha	6:00 - 7:00 PM Vinyasa - Warm [2] Camille McLeod	7:30 - 8:30 PM Restorative [1] Jess Geevarghese	10:00 - 11:00 AM Power Flow [2-3] Lauren Dawson	12:00 - 1:00 PM Vinyasa [2] Lauren Dawson
6:00 - 7:15 PM VinYin [1-2] Lauren Dawson	6:00 - 7:00 PM Power Flow [2-3] Lauren Dawson	6:00 - 7:00 PM PHIIT Fusion [2-3] Savannah Ruddock	7:30 - 8:30 PM Gen Strength [2-3] Karina Ferro		11:30 AM - 12:45pm Hatha [1-2] Christine Jugueta	5:30 - 6:30 PM Hatha [1] LaShell Carter
8:00 - 9:00 PM Candlelight Hatha [1-2] Karina Ferro	8:00 - 9:00 PM Restorative Yin [1] LaShell Carter	7:30 - 8:30 PM Candlelight Hatha [1-2] Christine Jugueta			6:00 - 7:00 PM Happy Hour Charlie Sanchez zoom.us/j/786006334	

INTENSITY

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

HOW TO ATTEND

Register by 1 hour before class. Virtual class link will be emailed.

FREE HAPPY HOUR
Drop in any time
:)



For MOST ACCURATE SCHEDULE, check genyogatx.com/schedule

BOOK genyogatx.com EMAIL hello@genyogatx.com

TEXT 832-779-8154 CONNECT @genyogatx