



Synergy Yoga Schedule of Classes At-A-Glance

MONDAY	10 AM	Fundamental
	6 PM	Grateful Flow (Mixed level, family-friendly)
TUESDAY	7:30 AM	Morning Vinyasa (45 minute class)
	5:30 PM	Gentle Yoga
	7 PM	Yoga Barre
WEDNESDAY	6 PM	Fundamental
THURSDAY	10 AM	Balance
	6 PM	Core Strengthening
FRIDAY	3 PM	Relax and Restore (VIRTUAL ONLY)
SATURDAY	9 AM	Vinyasa Flow/Surya Namaskar
	10 AM	Fundamental
SUNDAY	Schedule varies.	
	4:30 PM	Low Down Stretch
	TBA	Yin

More classes are offered on a pop-up basis, or as limited series classes on a seasonal basis, so you must check the website/app for class availability.