

Summer 2025 Class Schedule At-A-Glance

Saturday July 5 – Friday August 29 (8 weeks)
(Labor Day Break Saturday Aug 30 – Monday Sept 1)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arlington 6:30a – 9:00a (B) Ashtanga Morning Mysore: Jarrick 9:00a – 10:15a (hybrid) (A) Gentle/Hatha 1: Asya 9:30a – 10:45a (hybrid*) (B) Rising/Heated Vinyasa: Ahmed 10:30a – 11:45a (hybrid) (A) Functional Vinyasa: Jen Eb. 12:30p – 1:30p (hybrid*) (B) Rising/Heated Vinyasa: Ahmed 4:00p – 5:15p (A) Myofascial Release: Kathy 5:30p – 6:45p (A) Hatha All Levels: Emily 6:00p – 7:15p (hybrid*) (B) Rising/Rocket 1: Ahmed 7:00p – 8:15p (hybrid) (A) Yin & Restorative: Amir	Arlington 6:30a – 9:00a (B) Ashtanga Morning Mysore: Jeselene 6:30a – 7:30a (hybrid) (A) Hatha All Levels: Suzanne 9:30a – 10:45a (B) Hatha 2: Anne 10:00a – 11:15a (hybrid) (A) Back to Core: Catha 4:30p – 5:45p (A) Hatha All Levels: Tabitha 6:00p – 7:15p (hybrid) (A) Hatha 2: Andrea 7:30p – 8:45p (hybrid) (A) Hatha All Levels: Emily	Arlington 6:30a – 9:00a (B) Ashtanga Morning Mysore: Jarrick 9:30a – 10:45a (A) Hatha 1: Nathalie 10:00a – 11:15a (hybrid) (B) Hatha 2: Cindy 12:30p – 1:30p (hybrid) (B) Rising/Heated Vinyasa: Candace 3:00p – 4:15p (hybrid) (A) Gentle: Rachel Wa. 5:45p – 6:45p (A) Hatha 1: Gretchen 6:00p – 7:15p (hybrid*) (B) Rising/Rocket 2: Ahmed 7:00p – 8:15p (hybrid) (A) Vinyasa: Kristen 7:30p – 8:30p (hybrid) (B) Meditation: Christine <i>special summer series with "guest meditators" discussion before sitting practice</i>	Arlington 6:30a – 9:00a (B) Ashtanga Morning Mysore: Jarrick 6:30a – 7:30a (hybrid) (A) Hatha All Levels: Suzanne 9:00a – 10:15a (A) Hatha 1: Gayle 10:30a – 11:45a (A) Back to Core: Catha 12:00p – 1:00p (hybrid) (A) Flow and Yin: Marjorie/Emily 5:00p – 6:15p (A) Hatha All Levels: Liz 6:00p – 7:15p (B) Vinyasa: Steve 6:30p – 7:45p (A) Hatha 1: Carol S.	Arlington 6:30a – 9:00a (B) Ashtanga Morning Mysore: Jarrick 9:30a – 10:45a (hybrid*) (B) Rising/Heated Vinyasa: Ahmed 10:00a – 11:15a (hybrid) (A) Hatha All Levels: Andrea 12:00p – 1:00p (A) Hatha 1: Marjorie / Suzanne 12:30p – 1:30p (hybrid*) (B) Rising/Heated Vinyasa: Ahmed 6:00p – 7:00p (A) Flow and Yin: Tara <i>a candlelight experience</i> 6:00p – 7:30p (hybrid*) (B) Rising/Rocket 3: Ahmed	Arlington 7:30a – 9:30a (B) Ashtanga Morning Mysore: Jarrick 9:15a – 10:30a (A) Hatha 1: Melissa 10:00a – 11:15a (hybrid) (B) Rising/Heated Vinyasa: Candace 11:00a – 12:15p (hybrid) (A) Hatha All Levels: Amir	Arlington 8:00a – 9:15a (hybrid*) (B) Rising/Slow Burn: Ahmed 9:00a – 10:15a (hybrid) (A) Hatha All Levels: Anne 10:00a – 11:15a (B) Hatha All Levels: Gayle 11:00a – 12:15p (A) Vinyasa: Catha 11:30a – 1:00p (B) Rising/Open Practice: Ahmed
Fairfax 9:30a – 10:45a Hatha All Levels: Chrissy/Jen O. 11:00a – 12:15p Vinyasa: Michelle C. 6:00p – 7:15p Hatha 2: Ashley 7:30p – 8:45p (hybrid) Gentle/Restore: Sandra	Fairfax 9:00a – 10:15a Hatha All Levels: Terry 10:30a – 11:45a (hybrid) Gentle/Hatha 1: Deb 4:30p – 5:45p Tone & Stretch: Kathy 7:00p – 8:00p Flow and Yin: Joanna	Fairfax 9:00a – 10:15a Hatha 1: Rachel Wl. / Terry 10:30a – 11:45a Hatha All Levels: Chrissy 4:30p – 5:45p (hybrid) Yoga for Healthy Aging: Rixie 7:00p – 8:00p Tai Chi and QiGong: Orit <i>special four week series July 9 – 30 (see events page for details)</i>	Fairfax 9:00a – 10:15a Hatha 1: Christine 10:30a – 11:45a Chair Yoga: Terry 6:00p – 7:15p (hybrid) Hatha 2/3: Vicki	Fairfax 9:00a – 10:15a (hybrid) Gentle/Hatha 1: Deb 10:30a – 11:45a (hybrid) Back to Core: Catha 12:00p – 1:00p (hybrid) Vinyasa: Michelle C.	Fairfax 8:30a – 9:30a Vinyasa: Caroline 10:00a – 11:15a Tone & Stretch: Kathy 11:30a – 12:45p (hybrid) Hatha All Levels: Annie	Fairfax 9:00a – 10:15a (hybrid) Hatha 2: Carol C. 10:30a – 11:45a (hybrid) Gentle/Hatha 1: Carol C.
Zoom Only 11:00a – 12:15p Tai Chi and QiGong: Cynthia 6:00p – 7:15p Yoga for Core Stability: Roger		Zoom Only 6:00p – 7:15p Hatha All Levels: Pat	Zoom Only 11:00a – 12:15p Bones, Balance & Cognition: Carole	Zoom Only 8:00a – 8:30a Meditation: Jackie	Zoom Only 8:00a – 9:00a Mat Pilates: Michelle D.	YouTube 10:00a – 10:30a FREE LIVESTREAM Mini-Movement & Meditation: aLex

For special weekend workshops, pop-up classes, and guest teacher trainings and immersions, check our Events page on our website!

*Rising hybrid classes are live on Zoom and not recorded