

CLASS SCHEDULE | all classes are 60 minutes unless otherwise noted.

Monday

9.00am/ Foundations Vinyasa
Flow

6.30pm/ Slow Flow

Thursday

8.00am/ Hatha Level 1-2

Sunday

10.00am/ Meditation
[30 Mins]

6.00pm/ Hatha Level 1-2

Tuesday

8.00am/ Hatha Level 1-2

6.00pm/ Aerial Yoga or
Yin Yoga

7.15pm/ Yoga Nidra
[30 Mins]

Friday

9.00am/ Foundations Vinyasa
Flow

6.30pm/ Slow Flow

Wednesday

9.00am/ Yinyasa Level 1-2

6.00pm/ Slow Flow

Saturday

9.00am/ Yinyasa Level 1-2

6.00pm/ Aerial Yoga or
Yin Yoga

This is our summer yoga schedule. Classes / times may differ in low and mid season. Register for classes [here](#). Follow our Facebook group "[The Maverick Yoga](#)" for time changes.

Please note:

Cancellation policy: if you do not cancel a class and do not show up, you will lose one class from your pass. Minimum participants per class is 2. Classes with less registration will be cancelled and announced on Facebook.

Signup/cancellation deadline: 8pm pre-day for morning classes, 12 noon for evening classes.