

2025-2026 Schedule

THURSDAY			4:15-5:00	5:00-5:45	5:45-6:30	6:30-7:15	7:15-8:00	
				Mini Comp	Jr Comp	Intermediate Tap	Intermediate Advanced/Adv. Tap	
FRIDAY			4:15-5:00	5:00-5:45	5:55-6:40	6:45-7:30	7:30-8:15	8:30-9:15
SATURDAY			10:00-10:45	10:45-11:30				
	8 Am Bikram Yoga-		Preschool	Beginner Adv. Tap				
			Beginner Tap	Beginner Ballet				

Classes Subject to change. *5 participants minimum to hold a class.

**Bikram Yoga Students: Bring your own mats and towels,we do not provide. No showers on property.
Prior to attending silent yoga, you must of attended 5 regular Bikram Yoga classes.**