



WEEKLY CLASS SCHEDULE

EFFECTIVE AUGUST 2026

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AnahataYogaATX.com



(+Zoom) indicates online Zoom option available. Must download app for the booking link.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM							
7:30 AM			Mindful Vinyasa* (+Zoom)		Mindful Vinyasa* (+Zoom)		
8 AM		Mindful Vinyasa* (+Zoom)		Mindful Vinyasa* (+Zoom)			
9 AM	Ashtanga 60* (+Zoom)		Ashtanga 60* (+Zoom)		Foundations (+Zoom)	Kundalini (+Zoom)	Sunday Flow (+Zoom)
10 AM		Foundations (+Zoom)		Hatha & Sound (+Zoom)			
10:30 AM	Grounded Yoga (+Zoom)		Slow Flow & Sound		Fascia Flow (+Zoom)	Ashtanga 75*	Tai Chi
12 PM	Framework	Somatic Dance (inspired by NIA)	Fascia Flow (+Zoom)		Grounded Yoga (+Zoom)		
4:30 PM	Yoga & Meditation (+Zoom)	Pranayama & Asana (+Zoom)		Hatha Flow (+Zoom)			Breathwork & Reset (+Zoom)
6 PM	Vinyasa Flow* (+Zoom)	Vinyasa Flow* (+Zoom)	Foundations (+Zoom)	Vinyasa Flow* (+Zoom)			Yin & Sound
7:15 PM	Breathwork & Reset (+Zoom)	Restorative	Vinyasa Ballet Fusion (+Zoom)	Yin & Sound			

* Indicates the studio will be half-heated with Infrared Heaters and half unheated. You choose where you practice.