



Effective June 2026

530 S Bradford Ave
West Chester, PA 19382

WEEKLY SCHEDULE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

All Levels
(Judy/Leah)
8:30-9:30 am

Ashtanga
(Jenna)
9:30-10:30 am

Vinyasa
(Mary)
9:30-10:30 am

Hatha Flow
(Jenna)
9:30-10:30 am

All Levels
(Leah)
9:30-10:30 am

Gentle
(Judy)
10-11 am

Flow
(Lisa)
6:45-7:45 pm

Gentle
(Rotation)
6:30-7:30 pm

Yin
(Jamie)
5:15-6:15 pm

All Levels
(Leah)
5:15-6:15 pm

Slow Flow
(Mary)
6:30-7:30 pm

Sign up now!



Advance booking required. Most classes limited to 10 students.

Schedule subject to change & classes subject to cancellation if minimum # of students not met within 2 hours of class start time. Please scan QR Code for most updated availability and register early.