



Effective December 2025

530 S Bradford Ave
West Chester, PA 19382

WEEKLY SCHEDULE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Hatha (Lisa)
8:30-10:30 am

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

Hatha (Brigid)
6:30-7:30 pm

Sculpt & Flow
(Deanna)
9:30-10:30 am

Yin (Jamie)
6:30-7:30 pm

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

Vinyasa (Leah)
5:15-6:15 pm

Hatha (Leah)
9:30-10:30 am

Gentle (Judy)
10-11 am

Tarot (Alex)
20 min slots
9-11 am

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.