

TRANSFORMATIVE TUESDAYS



Pineries Flow Lab

September 2nd – December 23rd

Slow Flow | 10–11am

An approachable, all-levels class emphasizing breath, alignment, and foundational movement patterns. Build mobility and body awareness at a slower pace to deepen, refine and reconnect with basic movements.

Power Flow | 5:30–6:30pm

A more dynamic session combining strength, balance, and focused movement. Elevate your heart rate, challenge your limits, and release the tension of the day, leave grounded and ready for restful sleep.

Mats and blocks available
No experience required.

Pricing Options:

Single Class: \$13

4 Sessions: \$45

10 Sessions: \$90

Full Series: \$140

