



WEEKLY ROOFTOP SCHEDULE

Rooftop is available for individual workouts from 6:00am to 5:00pm daily, weather permitting.

	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM							
6 AM			YOGA FLOW 6:00 - 7:00				
7 AM	MAT PILATES 6:30 - 7:15	BALANCE & FLEX 6:30 - 7:15		BOOTCAMP 6:30 - 7:30	YOGA FLOW 6:30 - 7:30		
8 AM		HIIT 7:30 - 8:15					
9 AM	MEDITATION 8:00 - 8:45					PILATES 8:00 - 9:00	
10 AM	QIGONG \$ 10:00 - 10:45				QIGONG \$ 9:00 - 9:45	BOOTCAMP 9:45 - 10:30	YOGA 10:00 - 11:00
11 AM			MAT PILATES 10:15 - 11:00	GENTLE YOGA 10:30 - 11:15			
12 PM	YOGA 11:30 - 12:30	YOGA FLOW 11:30 - 12:30		MEDITATION 11:30 - 12:15	YOGA FLOW 11:45 - 12:45		
1 PM			GENTLE YOGA 12:45 - 1:30		MEDITATION 12:45 - 1:30		
2 PM							
3 PM			MEDITATION 2:30 - 3:15		MEDITATION 2:30 - 3:15		
4 PM							
5 PM		YOGA SCULPT 4:15 - 5:00	MEDITATION 4:15 - 5:00		MEDITATION 4:15 - 5:00		
6 PM	YOGA 5:30 - 6:30	YOGA FLOW 5:30 - 6:30		YOGA FLOW 5:30 - 6:30	YOGA FLOW 5:45 - 6:45		
7 PM			OULA POWER EXPRESS 6:35 - 7:05				
8 PM		RESTORATIVE YOGA 7:00 - 8:00					

\$ Denotes Fee Paid Class



SPECIAL EVENTS

MAY

Friday, May 31 The Mindful Hour Series: Find Your Voice 4:15-5:15pm (\$)

JUNE

Tuesday, June 4 Yoga 5:30pm-7:00pm (Free)

Friday, June 21 Summer Solstice Yoga Free 7:00-8:30pm (Free)

Friday, June 28 The Mindful Hour Series: Find Your Joy 4:15-5:15pm (\$)

JULY

Tuesday, July 8 Outdoor Yoga 7:00pm-8:30pm (Free)

Friday, July 26 The Mindful Hour Series: Find Your Inspiration 4:15-5:15pm (\$)

AUGUST

Friday, August 16 OULA Dance Party! Free 5:00pm-6:30pm (Free)

Friday, August 30 The Mindful Hour Series: Find Your Resilience 4:15-5:15pm (\$)

SEPTEMBER

Saturday, September 13 Inversion Yoga Workshop 10:30am-12:00pm (Free)

Friday, September 27 The Mindful Hour Series: Find Your Center 4:15-5:15pm (\$)

THINGS TO REMEMBER!

- Dress in layers
- During afternoon classes the sun is shining - consider wearing sunscreen
- Stay hydrated and bring a water bottle
- Inclement weather? No problem! Class will take place in an indoor studio space.
Check the app and online schedule for most updated class location.

The Mindful Hour Series is a multisensory downtown meditation experience in the middle of Minneapolis' urban forest! Each meditation incorporates a special fresh juice from The Zen Bin! All are welcome. **\$16 Y Member, \$22 Public.**