



FEBRUARY 2026

<3LOVE<3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10AM YIN	2 5:30PM PROP It Like It's HOT 7PM 2/2 Portal MEDITATION	3 10AM HATHA 5:30PM HOT YOGA 7PM The Beloved Within	4 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Sensual Somatic	5 10AM HATHA 11:30AM MEDITATION 5:30PM BUDDHA BURN 7PM RESTORATIVE	6 10AM FLOW STATE 5:30PM YIN 7PM SELF LOVE	7 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
8 10AM YIN 11:30AM TEAM MTG.	9 5:30PM PROP It Like It's HOT 7PM Loving- Kindness MEDITATION	10 10AM HATHA 5:30PM HOT YOGA 7PM Heart- Opening Hatha	11 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Self-Love Sanctuary	12 10AM HATHA 11:30AM MEDITATION 5:30PM BUDDHA BURN 7PM RESTORATIVE	13 10AM FLOW STATE 5:30PM YIN 7PM Valentine's PARTNER YOGA	14 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
15 10AM YIN	16 5:30PM PROP It Like It's HOT 7PM Heart-Healing MEDITATION	17 10AM HATHA 5:30PM HOT YOGA 7PM New Moon Love Spell	18 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Sun enter Pisces Ceremony	19 10AM HATHA 11:30AM MEDITATION 5:30PM BUDDHA BURN 7PM RESTORATIVE	20 10AM FLOW STATE 5:30PM YIN 7PM Thai Massage for Couples	21 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
22 10AM YIN Laika's Birthday!	23 5:30PM PROP It Like It's HOT 7PM DRUM CIRCLE	24 10AM HATHA 5:30PM HOT YOGA 7PM For the Love of Yoga	25 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM ONE LOVE	26 10AM HATHA 11:30AM MEDITATION 5:30PM BUDDHA BURN 7PM RESTORATIVE	27 10AM FLOW STATE 5:30PM YIN 7PM TANTRA For Couples	28 8:30AM SATTVA YOGA 10AM NAMASTE YOGA

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