

Sky's The Limit Yoga

Norfolk Sun Studio

WEEKLY IN STUDIO SCHEDULE AS OF 5/1/26

MONDAY

7:15A Flow 60min
12P Flow 60min
4:15P Slow Flow Express
45min
5:30P Buti 60min
5:30P Restorative 45min
7P Flow*

TUESDAY

5:30A Flow 45min
6:30A Flow 60min*
9:30A Flow 60min
12P Flow 60min
4:15P Mobility 60min
5:15P Flow 60min
1st & 3rd 5:15P Prenatal
60min
6:45P Restorative 60min

WEDNESDAY

7:15A Flow 60min
9:30A Hatha 60min
12P Flow 30min*
4:15P Toddler Yoga 45min^
5:30P Flow 60min
2nd 5:30P Kid's Yoga 60min
7P Power For EveryBODY
60min
8:15P Candlelight Yin 45min

THURSDAY

5:30A Flow Express 45min
6:30A Flow 60min
9:30A Flow 60min
12P Flow 60min*
5:15P Slow Flow 60min
6:45P Mobility 45min

FRIDAY

7:15A Flow 60min
10A Toddler Yoga^
12P Flow 60min
4:15P Hatha Express 45min
5:30P Flow Down Get Down
Happy Hour 60min
7P Candlelight Yin 60min

SAT/SUN

Saturday

8A Power For EveryBODY 60min
9:30A Flow 60min
9:30A Kid's Yoga 60min
11:00A Slow Flow 60min
4th 11:00A Toddler Yoga 45min

Sunday

8:30A Hakuna Matata Flow 60min*
10:00A Flow 60min
5:30P Restorative 60min*

115 W 25th Street Suite A NFK 23517

* = in person + virtual

= toddler yoga is Wednesdays 4:15P for May + August && beyond. June and July ONLY it is switching to Friday at 10A!

purple = new offering and/or time

FREE Co-working :: Mon 1-4:15P || Tue 9:30A-12P || Wed 12:30-5:15P || Thur 7:30A-12P

Sky's The Limit Yoga

Cape Charles Water Studio

WEEKLY IN STUDIO SCHEDULE AS OF 5/1/26

MONDAY

7:45A Slow Flow

Express

10A Slow Flow

60min

5:15P Slow Flow

60min

TUESDAY

10A Gentle Hatha

60min

5:15P Restorative

60min

6:30P Slow Flow

WEDNESDAY

7:45A Slow Flow

Express

10A Slow Flow

60min

5:15P Slow Flow

60min

THURSDAY

10A Gentle Hatha

60min

5:15P Slow Flow

60min**

FRIDAY

9:45A Hakuna Matata

Flow 60min

11A Flow Express

Happy Hour

SAT/SUN

Saturday

9:45A Flow 60min

11A Slow Flow 60min

Sunday

10:30A Slow Flow 60min

712 Randolph Ave Unit C Cape Charles 23310

All memberships + punch cards also get access to all NFK virtual offerings

purple = new offering and/or time

Sky's The Limit Yoga

Virginia Beach Earth Studio

WEEKLY IN STUDIO SCHEDULE AS OF 5/2/26

MONDAY

5:45P Hakuna
Matata Flow
60min

TUESDAY

9:30A Flow 60min
5:45P Flow 60min

WEDNESDAY

9:30A Flow 60min
5:45P Flow 60min
7P Yin 60min

THURSDAY

9:30A Flow 60min
5:45P Flow 60min*

FRIDAY

6:30A Yoga + Coffee
Happy Hour 60min
12P Flow Express
45min

SATURDAY

9A Flow 60min

712 Randolph Ave Unit C Cape Charles 23310

*starting May 14th

All memberships + punch cards also get access to all NFK virtual offerings

purple = new offering and/or time