

# 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

**4708 Tulip Dr. Virginia Beach 23455**

\*starting May 14th

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

purple = new offering and/or time