

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