

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