

# 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  
**2<sup>nd</sup> 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