



FIRE & FLOW CLASS SCHEDULE

(effective Saturday, June 1st, 2024)

MONDAY	6:00am	(45 mins)	Power 45	Delaney
	8:30am	(45 mins)	Power 45	Cindi
	9:30am	(60 mins)	Mat Pilates	Holly
	6:00pm	(60 mins)	Power Beats 60	Cheryl M
	7:15pm	(60 mins)	Yin	Marlin
TUESDAY	7:00am	(45 mins)	Power 45	Laura
	8:30am	(45 mins)	Yoga Fit	Laura
	4:30pm	(60 mins)	Yin	Carolyn
	6:00pm	(60 mins)	Power Beats 60	Michelle
WEDNESDAY	8:30am	(45 mins)	Power 45	Denise
	9:30am	(60 mins)	Heart & Hips 45	Cindi
	4:30pm	(45 mins)	Mat Pilates	Holly
	6:00pm	(60 mins)	Candlelight Power 60	Cindi
	7:15pm	(60 mins)	Candlelight Yin	Carolyn
THURSDAY	7:00am	(45 mins)	Power 45	Heather
	8:30am	(60 mins)	Power Up / Power Down	Michelle
	4:30pm	(45 mins)	Gentle Flow	Jolyn
	6:00pm	(60 mins)	Power Up / Power Down	Olga
FRIDAY	6:00am	(45 mins)	Power 45	Cheryl M
	8:30am	(45 mins)	Power 45	Laura
	9:30am	(45 mins)	Heart & Hips 45	Gretchen
SATURDAY	8:00am	(45 mins)	Yoga Fit	Rotating
	9:15am	(75 mins)	Journey into Power 75	Cindi
	11:00am	(60 mins)	Gentle Flow	Carolyn
SUNDAY	9:15am	(60 mins)	Sunday Flow	Nancy
	10:45am	(75 mins)	Yin	Jen
	6:00pm	(60 mins)	Slowdown 6/3 & 6/23	Wendy & Jen

Hot (96) | Warm (90) | Non-heated (75)

301 E Carmel Dr. Suite D 200, Carmel, IN 46032 • 317-296-7496 • fireandflowcarmel.com

PRIVATE CLASS OPTIONS

We Love Beginners (1-2 people)

At Fire & Flow Yoga, our “We Love Beginners” private yoga classes offer personalized guidance tailored to each individual’s needs and goals. Whether you’re stepping onto the mat for the first time or returning after a hiatus, one of our experienced instructors will lead you through three 45-minute sessions designed to introduce you to the fundamentals of yoga practice. With a focus on alignment and breath, these sessions provide a supportive environment for beginners to cultivate confidence and for returning practitioners to reconnect with their practice.

3 Sessions (45 mins): \$150

Private Session (1-2 people)

Are you an experienced yogi looking to break through a practice plateau or address an imbalance? We offer a customized and advanced practice suited to your experience, body, and aspirations. Whether you’re seeking to deepen your practice, refine specific techniques, or explore advanced poses, one of our skilled instructors will provide personalized attention to help you reach your goals. With customized sequences, hands-on adjustments, and expert guidance, these sessions offer a unique opportunity for growth and transformation to elevate your yoga practice!

12 Sessions (60 mins): \$890 | 5 Sessions (60 mins): \$356 | Single Session (60 mins): \$89