

SEPTEMBER YOGA SCHEDULE

THE CLOUDS
YOGA CENTER

THE CLUB HOURS: MON-FRI 5 AM-9 PM | SAT-SUN 7 AM-7 PM

KIDZONE: MON-THU 8 AM-12 PM & 4-7 PM | FRI-SAT 8 AM-12 PM

(912) 638-5600 • THECLUBSSI.COM • \$25 NON-MEMBER DROP-IN

YOGA • PILATES • BARRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 Awakenings Yoga Yoga 1 • Alice • 45 min 8:15 Morning Restore Yoga 1 / Multi-level • Susanne 9:30 Hot Yoga Yoga 2 / Advanced • Shannon 9:30 Pilates Fusion Studio 1 / Multi-level • Jessica • 45 min 9:30 Stretch 101 Yoga 1 / Multi-level • Joy • 45 min 4:00 Gentle Practice Yoga Yoga 1 / Level 1 • John H. 5:30 Hot Yoga Yoga 2 / Multi-level • Lawanda • 75 min 5:30 Pilates Fusion Studio 2 / Multi-level • Roxana • 45 min 6:00 Yoga Yoga 1 / Multi-level • Lisa / Samantha	8:15 Open Flow Yoga 1 / Multi-level • Robin 9:30 Hot Yoga Yoga 2 / Advanced • Tannis • 75 min 10:00 Classical Yoga Yoga 1 / Multi-level • John H. 10:30 Chair Yoga Studio 1 / Multi-level • Angie H. 11:00 Hot Pilates Yoga 2 • Robin H. • 45 min 11:30 Yin Yoga Yoga 1 / Multi-level • Janita • 75 min 5:15 Hot Yoga Yoga 2 / Multi-level • Robin 5:30 Restorative Yoga 1 / Multi-level • Susanne • 75 min	6:30 Awakenings Yoga Yoga 1 • Jami • 45 min 8:15 Power Flow Yoga 1 / Advanced • Robin 9:30 Pilates Fusion Studio 2 / Multi-level • Yolanda • 45 min 9:30 Stretch 101 Yoga 1 / Multi-level • Jenna • 45 min 1:00 Chair Yoga Studio 1 / Multi-level • Nan / Joanne 4:00 Gentle Practice Yoga Yoga 1 / Level 1 • Janita 4:00 Beginners' Pilates Studio 2 / Multi-level • Robin H. 5:30 Hot Yoga Yoga 2 / Advanced • Jonny / Lauralyn / Martha 5:30 Traditional Pilates Studio 2 / Multi-level • Robin H. 6:00 Yoga Yoga 1 / Multi-level • Connie	6:30 Hot Yoga Yoga 2 / Multi-level • Jonny • 45 min 8:15 Open Flow Yoga 1 / Multi-level • Robin 9:30 Hot Yoga Yoga 2 / Advanced • Tannis • 75 min 10:00 Classical Yoga Yoga 1 / Multi-level • John H. 10:30 Barre Studio 1 • Anna • 45 min 4:30 Barre Fusion Studio 2 / Multi-level • Roxana • 45 min 5:30 Hot 26 Yoga 2 / Multi-level • Jordan • 75 min • 105°F max 5:30 Restorative + Yin Yoga 1 / Multi-level • Dorothy • 75 min	6:30 Awakenings Yoga Yoga 1 • Connie • 45 min 8:15 Vinyasa Flow Yoga 1 / Multi-level • Tannis 9:30 Pilates Fusion Studio 1 / Multi-level • Joy • 45 min 9:30 Stretch 101 Yoga 1 / Multi-level • Yolanda • 45 min 9:30 Hot Baptiste Yoga 2 / Advanced • Lawanda • 75 min 10:30 Yin Yoga Yoga 1 / Multi-level • April • 90 min 5:15 Hot Yoga Yoga 2 / Multi-level • Rebecca / Blake	9:00 Hot Yoga Yoga 2 / Multi-level • Susanne • 75 min 10:15 Yoga Yoga 1 / Multi-level • Shannon 10:30 Hot Slow Flow Yoga 2 / Multi-level • Hannah 1:00 Hot 26 Yoga 2 / Multi-level • Staton • 90 min • 105°F max
					SUNDAY
					8:30 Hot Yoga Yoga 2 / Multi-level • Anne C. • 75 min 10:30 Hot Slow Flow Yoga 2 / Multi-level • Rotation 4:30 Simply Sunday** Yoga 1 / Multi-level • Staff

All classes are 60 minutes unless otherwise noted. Schedule subject to change.

SEPTEMBER 2026