




Weekly Schedule

Please be aware of offsite class locations. Unless another location is noted, classes will take place at our California studio. Classes with an asterisk* indicate a virtual option is available.



 22741 Three Notch Road
California, MD 20619

 www.evolveyogawellness.com

 info@evolveyogawellness.com

SUN

MON

TUE

WED

THU

FRI

SAT

Evolve Yoga + Wellness Studio

9:00 a.m.
Hot Vinyasa

6:00 a.m.
Hot Mixed Level Yoga

8:00 a.m.
Ashtanga Flow

6:00 a.m.
Hot Mixed Level Yoga

9:30 a.m.
Vinyasa

8:00 a.m.
Hot Vinyasa

9:00 a.m.
Hot Vinyasa

9:15 a.m.
Barre 360

9:30 a.m.
Hot Vinyasa

9:30 a.m.
Flow + Yin

9:00 a.m.
Gentle Yoga

11:00 a.m.
Pre/Postnatal

9:30 a.m.
Warm Yoga Sculpt

9:15 a.m.
Tai Chi Ch'uan

10:30 a.m.
Restorative
Yin*

9:30 a.m.
Gentle Yoga

4:30 p.m.
Hot Vinyasa

9:30 a.m.
Hot Vinyasa

5:30 p.m.
Flow + Yin*

10:45 a.m.
Restorative Yin

11:00 a.m.
Tween Yoga

5:30 p.m.
Hot Vinyasa

6:00 p.m.
Yoga Basics

6:00 p.m.
Strength &
Flexibility*

5:00 p.m.
Hot Mixed Level Yoga

6:30 p.m.
Hot Vinyasa

5:30 p.m.
Kids Yoga

11:00 a.m.
Yoga Basics*

5:45 p.m.
Pre/Postnatal

6:30 p.m.
Hot Vinyasa

6:30 p.m.
Warm + Restore

6:00 p.m.
Yoga Basics

5:30 p.m.
Hot Mixed Level Yoga

6:45 p.m.
Warm + Restore

6:30 p.m.
Hot Vinyasa

7:30 p.m.
Guided Meditation*

Off-site Locations

9:30 a.m.
Mixed Level Yoga
@ Leonardtown
Wharf

9:30 a.m.
Mixed Level Yoga
@ Annmarie
Garden

8:30 a.m.
Tai Chi Ch'uan
@ Hope & Healing

9:30 a.m.
Mixed Level Yoga
@ Annmarie
Garden

5:00 p.m.
Restorative Yin*
@ Hope & Healing

7:00 a.m.
Mixed Level Yoga
@ Anchored
Roots Farm