

# ✓ NEW STUDENT CHECKLIST

FEEL GOOD & SAVE BIG

Complete this checklist during your 30 Day Intro to be eligible for **10% off** any of our monthly autopay memberships!

Download the Walla App

Try at least 3 classes

Follow us on Instagram

Use your FREE Guest Pass to bring a friend

Turn on SMS or Email Communication

## MEMBERSHIP OPTIONS

**All Access** ~~\$108~~ **\$97.20**  
Best for 3+ classes/week

**8x/Month** ~~\$92~~ **\$82.80**  
Best for 2 classes/week

**4x/Month** ~~\$60~~ **\$54**  
Best for 1 class/week

## MEMBERSHIP BENEFITS

1 Free guest pass per month  
15% off 502PY Merchandise  
Discounts on Workshops  
Free monthly pass at Barre3, Shred415, and Title Boxing and more!



## ABOUT 502 POWER YOGA

502 Power Yoga offers a judgement-free environment for students to support and motivate each other through a physically challenging yoga practice. No matter what your experience level is, or how you feel on a particular day, a class at 502PY has a unique way of generating connection, inspiration, and transformation, leaving you feeling more empowered and confident than you were before. Our vibrant and slightly off-kilter culture is for you if like to keep it weird, keep it real, and have a little fun while you sweat.

## NEW STUDENT SPECIAL: 30 DAYS FOR \$45

All first time visitors to the studio are eligible to try unlimited classes for 30 days for only \$45.



## CLASS SCHEDULE

LAST UPDATED 11/19/25

DO  
YOGA.  
FEEL  
GOOD.

## THE DOUGLASS LOOP

2210 Dundee Rd, 2nd Floor  
Louisville, KY 40205

(502) 208-1012

[www.502poweryoga.com](http://www.502poweryoga.com)



## CLASS DESCRIPTIONS

**Power Vinyasa Yoga:** A physically challenging breath-based yoga flow practice that promotes strength, confidence, empowerment, and all the neurological, mental, and physical benefits of a mindful yoga practice. Temp: ~90°

**YOD (Yoga+HIIT):** We inject high-intensity interval training into our regular Power Vinyasa class to train your body in a new way and enhance your yoga practice. Temp: 85-90°

**Rocket Vinyasa:** This vigorous yet playful vinyasa yoga practice is a rebellious remix of the Ashtanga series. Expect inversions, arm balances, funky transitions, and to get STRONG. Temp: 80-85°

**Friday Flow:** A Power Vinyasa class with music taking a front seat! There is typically a little less instruction in these classes so you can get into the groove and shake your asana! Temp: ~90°

**Hearts & Hips:** A slow, deep, and powerful flow with a focus on twists, heart and hip opening, while still creating tapas (heat) through physically challenging poses and transitions. Temp: ~90°

**Slow & Strong:** In this slower-paced Power Vinyasa class, we think "less is more." You'll challenge yourself by holding fewer postures for a longer period of time. Temp: ~90° (Non-heated offering on Monday nights will only be ~80°)

**Meditate & Rejuvenate:** This class explores the more yin and restorative aspects to our physical practice and includes guided meditation. Temp: 80-85°

**Yin:** A passive style of yoga in which postures are held for longer periods of time to allow for deep release. Temp: ~80°

## GET THE WALLA APP

Register for classes, manage your schedule, invite guests to join you, and more using the Walla App!



iOS



Android

LAST UPDATED 11/19/25

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
6:00	YOD (Yoga+HIIT) 6:00-7:00AM Gina O.	Power Vinyasa 5:45-6:45AM Corey B.	Power Vinyasa 6:00-7:00AM RaVone W.	Power Vinyasa 5:45-6:45AM Stephanie R.	Friday Flow 6:00-7:00AM Sav E.		
7:00						YOD (Yoga+HIIT) 7:30-8:45AM Melissa H.	YOD (Yoga+HIIT) 7:30-8:45AM Agnese S.
8:00	Power Vinyasa 8:00-9:00AM Cami B.	Slow & Strong 8:30-9:30AM Cami B.	Power Vinyasa 8:00-9:00AM Agnese S.	Power Vinyasa 8:30-9:30AM Christopher D.	Friday Flow 8:00-9:00AM Sav E.		
9:00	Hearts & Hips 9:30-10:45AM Cami B.		Hearts & Hips 9:30-10:45AM Stephanie K.		Friday Flow 9:30-10:45AM Stephanie K.	Power Vinyasa 9:30-10:45AM Melissa H.	Hearts & Hips 9:30-10:45AM Corey B.
10:00		Power Vinyasa 10:00-11:00AM Tina Z.		Slow & Strong 10:00-11:00AM Cami B.			
11:00						Slow & Strong 11:30AM-12:30PM Alison C.	Yin 11:30AM-12:45PM Rotating
12:00	Power Vinyasa 12:15-1:00PM Sav E.	Power Vinyasa 12:15-1:00PM Stephanie K.	Power Vinyasa 12:15-1:00PM Christopher D.	Power Vinyasa 12:15-1:00PM Stephanie K.	Friday Flow 12:15-1:00PM Tina Z.		
1:00						Power Vinyasa 1:00-2:00PM Stephanie R.	
2:00							
3:00	Power Vinyasa 3:15-4:15PM Marie C.		Power Vinyasa 3:15-4:15PM Cami B.		Friday Flow 3:15-4:15PM Marie C.		
4:00							
5:00	Rocket Vinyasa 4:45-5:45PM Cat C.	YOD (Yoga+HIIT) 5:00-6:00PM Agnese S.	Power Vinyasa 4:45-5:45PM Tina Z.	Power Vinyasa 5:00-6:00PM Stephanie K.	Friday Flow 4:45-5:45PM Hannah L.		Power Vinyasa 4:45-5:45PM Jo O.
6:00	Meditate & Rejuvenate 6:15-7:15PM Stephanie K.	Power Vinyasa 6:30-7:30PM Cat C.	Power Vinyasa 6:15-7:15PM RaVone W.	YOD (Yoga+HIIT) 6:30-7:30PM Alison C.			Hearts & Hips 6:15-7:30PM Stephanie D.
7:00							
8:00	*non-heated* Slow & Strong 8:00-9:00PM Nikki T.	Hearts & Hips 8:00-9:00PM Jo O.	Yin 8:00-9:00PM Stephanie D.	Meditate & Rejuvenate 8:00-9:00PM Nikki T.			