

Yoga Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Hot Pilates+		Hot Vinyasa+		Hot+ Hatha		
8:00 AM		Warm Piloga+	Happy Hips	Warm Ayurvedic Flow		Warm Slow Flow	
9:30 AM	Warm Vinyasa	Yin	Warm Piloga	75 Minute Restorative	Warm Hatha	Warm Relax & Unwind	Warm Hatha Core
11:00 AM						Hot Hatha	Hot Hatha
12:00 PM	Soulful Strength	Warm Vinyasa		Hot+ Hatha Rerun	Gentle Yin		
4:30 PM	Warm Restorative	Warm Chakra Restorative		Piloga	Warm Yin/Yin		
6:00 PM	Warm Hatha Core	Warm Slow Flow	Warm Hatha	Hot Hatha	Warm Relax & Unwind		
7:00 PM	Yoga Mobility						
7:30 PM	Hot+ Hatha	Hot Vinyasa+	Warm Piloga	Hot Slow Flow	Warm Pilates+		
			Restorative				



Colour-Coded Class Legend:

Begin
 Relax
 Stretch
 Sweat