

Yoga Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Hot Pilates		Hot Vinyasa		Hot+ Hatha		
8:00 AM				Warm Ayurvedic Flow		Warm Hatha Flow	Yoga Mobility
8:30 AM			Happy Hips				
9:30 AM	Warm Vinyasa	Hot Hatha Rerun	Warm Piloga	Restorative	Warm Hatha	Warm Relax & Unwind	Warm Yoga Mobility
10:30 AM		Yin					
11:00 AM						Hot Hatha	Warm Hatha
12:00 PM	Soulful Strength	Warm Piloga		Hot+ Hatha Rerun	Yin		
4:30 PM		Warm Chakra Restorative	Warm Yoga Mobility	Kundalini	Warm Hatha		
6:00 PM	Hatha		Warm Hatha	Hot Hatha Rerun	Warm Restorative		
7:30 PM	Hot+ Hatha	Hot Vinyasa	Warm Yin	Hot Slow Flow			

Colour-Coded Class Legend:

Begin
 Relax
 Stretch
 Sweat

