

STUDIO 1 – HOT STUDIO

**MONDAY**

9:30 am – 10:45 am – Hot Karuna Flow Yoga – Lisa  
 11:00am - 3:00 pm - Private One on One and Group Bookings  
 4:30 pm – 5:30 pm – Hot Hatha Yoga – Becky  
 6:00 pm – 7:15 pm – Warm Karuna Yoga – Daryan  
 7:30 pm – 8:30 pm – Warm Integral Stretch – Lisa

**TUESDAY**

9:30 am – 10:45 am – Hot Flow Yoga – Lisa  
 11:00am - 3:00 pm - Private One on One and Group Bookings  
 4:30 pm – 5:30 pm – Warm Flow Yoga – Jen  
 6:00 pm – 7:15 pm – Hot Vinyasa Flow Yoga – Andrea  
 7:30 pm – 8:30 pm – Warm Hatha Yoga – Navid

**WEDNESDAY**

9:30 am – 10:45 am – Feel the Flow Yoga - Becky  
 11:00am - 3:00 pm - Private One on One and Group Bookings  
 4:30 pm – 5:30 pm – Hot Hatha Yoga – Harry  
 6:00 pm – 7:15 pm – Warm Flow Yoga – Deanne  
 7:30 pm – 8:30 pm – Hot Yin Yoga – Annelise

**THURSDAY**

9:30 am – 10:30 am – Warm Integral Stretch – Lisa  
 11:00am - 3:00 pm - Private One on One and Group Bookings  
 6:00 pm – 7:15 pm – Feel the Flow Yoga - Becky  
 7:30 pm – 8:30 pm – Warm Hatha - Janet

**FRIDAY**

9:30 am – 10:45 am – Hot Flow Yoga – Becky  
 11:00am - 3:00 pm - Private One on One and Group Bookings  
 4:30 pm – 5:45 pm – Warm Yoga - Harry

**SATURDAY**

9:30 am – 10:45 am – Warm Hatha Yoga – Kari  
 11:00 am - 12:15 pm - Hot Flow Yoga – Harry

**SUNDAY**

9:30 am – 10:45 am – Warm Flow Yoga – Delanie  
 11:00 – 12:15 pm – Hot Hatha Yoga – Delanie  
 1:00 pm - 4:00 pm - Private One on One and Group Bookings  
 7:00 pm - 8:00 pm - Warm Candlelight Yin Yoga - Annelise

STUDIO 2 – REGULAR TEMPERATURE STUDIO

**MONDAY**

9:30 am - 10:30 am - Yoga - Harry  
 11:00 am - 3:00 pm - Private One on One and Group Bookings  
 4:15 pm - 5:15 pm - Suspension Yoga for Kids - Annelise -Registered  
 5:30 pm - 6:45 pm - Vinyasa Yoga - Lisa  
 7:00 pm – 8:00 pm – Prenatal Yoga -Jill - Registered

**TUESDAY**

9:30 am – 10:45 am – Hatha Yoga – Kari  
 11:00 am - 3:00 pm - Private One on One and Group Bookings  
 4:15 pm - 5:15 pm - Suspension Yoga for Teens - Annelise -Registered  
 5:30 pm – 6:30 pm - Suspension Yoga - Annelise  
 6:45 pm – 7:45 pm – Gentle Hatha Yoga – Daryan

**WEDNESDAY**

9:30 am - 10:30 am - Integral Mind - Lisa  
 11:00 am - 3:00 pm - Private One on One and Group Bookings  
 4:15 pm - 5:15 pm - Suspension Yoga for Teens - Annelise -Registered  
 5:30 pm - 6:30 pm - Integral Strength - Lisa  
 6:45 pm - 7:45 pm - Integral Mind - Lisa

**THURSDAY**

9:30 am – 10:45 am – Yang Yin Yoga – Kari  
 Noon - 1:00 pm - Yogabilities - Kari  
 1:00 pm - 3:00 pm - Private One on One and Group Bookings  
 4:15 pm - 5:15 pm - Suspension Yoga for Kids - Annelise -Registered  
 5:30 pm – 6:30 pm – Vinyasa Yoga – Katherine  
 7:00 pm - 8:00 pm - Reiki Yoga - Claire

**FRIDAY**

9:30 am – 10:30 am – Integral Strength – Lisa  
 11:00 pm - 3:00 pm - Private One on One and Group Bookings  
 4:15 pm - 5:15 pm - Suspension Yoga for Kids - Annelise -Registered

**SATURDAY**

9:30 am – 10:45 am – Karuna Yoga – Lisa  
 11:15 am - 12:15 pm - Kids Yoga - Kari - Registered  
 12:30 pm - 1:30 pm - Beginner Yoga Sampler - Kari - Registered

**SUNDAY**

9:30 am – 10:30 am – Suspension Yoga – Katherine  
 11:00 am – Noon – Restorative Yoga – Katherine  
 1:00 pm - 4:00 pm - Private One on One and Group Bookings

