

FALL 2017 SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-7:00AM Hot Flow 60	6:00AM-7:00AM Hot 60	6:00AM-7:00AM Hot Flow 60	6:00AM-7:00AM Hot 60	6:00AM-7:00AM Hot 60		
7:30AM-8:15AM Yogalates	8:30AM-9:15AM Yogalates	7:30AM-8:15AM Yogalates	8:30AM-9:15AM Yogalates	7:30AM-8:15AM Yogalates	7:30AM-9:00AM Hot 90	
9:30AM-10:30AM Vinaysa (Not heated)	9:30AM-11:00AM Ashtanga	9:30AM-10:30AM Yin 60 (Not heated)	9:30AM-11:00AM Beyond Bikram	9:30AM-10:45AM Wild Flow 75	9:30AM-10:30AM Flow 60	9:00AM-10:00AM Hot 90
12:00PM-1:00PM Hot 60	12:00PM-1:00PM Hot Flow	12:00PM-1:00PM Hot 60	12:00PM-1:00PM Hot Flow	12:00PM-1:00PM Hot 60		11:00AM-12:00PM Vinyasa (Not heated)
	4:30PM-5:30PM Hot 60		4:30PM-5:30PM Hot 60		4:30PM-6:00PM Beyond	4:30PM-6:00PM Hot 90
5:45PM-6:45PM Hot Flow 60	5:45PM-6:45PM Yogalates	5:45PM-6:45PM Flow Zen 60 (Not heated)	5:45PM-6:45PM Yogalates	5:45PM-6:45PM Candlelight Flow (Not heated)		6:30PM-7:30PM Relax & Restore
7:00PM-8:30PM Hot 90	7:00PM-8:00PM Hot Flow	7:00PM-8:30PM Hot 90	7:00PM-8:15PM Wild Flow 75	7:00PM-8:00PM Relax & Restore		

FOR DETAILS AND HOLIDAY SCHEDULES GO TO

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