



SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00 - 8:00 Ashtanga Mysore					6:00 - 8:00 Ashtanga Mysore		7:00 - 8:45 Ashtanga Full Primary (Guided)	
7:00 AM									
8:00 AM									
8:30 AM									
8:45 AM	8:45 - 10:15 Hot 26 + 2		8:45 - 9:30 Pilates Body		8:30 - 9:15 Dynamic Stretch	8:45 - 9:45 Hot 26 + 2	8:45 - 9:45 Fundamentals	9:00 - 10:00 Fundamentals	8:00 - 9:30 Hot 26 + 2
9:00 AM									
9:15 AM									
9:30 AM									
9:45 AM					9:30 - 11:00 Hot 26 + 2		10:00 - 11:00 Heated Flow (Guided)	10:15 - 11:15 Heated Flow (Guided)	
10:00 AM									
10:15 AM			10:00 - 11:15 Ashtanga Half Primary						
10:30 AM									
10:45 AM									
11:00 AM									
11:15 AM									
11:30 AM									
12:00 PM							Noon - 1:00 Hot 26 + 2		
1:00 PM									
5:15 PM							5:15 - 6:00 Dynamic Stretch		
6:00 PM	6:00 - 7:00 Lite	6:00 - 7:00 Heated Flow (Guided)	6:00 - 7:00 Fundamentals	6:00 - 7:00 Hot 26 + 2	6:00 - 7:15 Ashtanga Half Primary	6:00 - 7:00 Heated Flow (Guided)		6:15 - 7:15 Hot 26 + 2	6:30 - 7:30 Yin
6:15 PM									
6:30 PM									
7:00 PM									
7:15 PM	7:15 - 8:15 Restore		7:15 - 8:15 Yin		7:15 - 8:15 Gong				
7:30 PM									
8:00 PM									
8:15 PM									

Ashtanga Instruction (Foundational Program)

Yoga Life Essentials

Heated to 100-105° F (Infrared Room)

Heated to 85-90° F (Infrared Room)

Slightly Warm 80° (Infrared Room)