

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

Ashtanga Instruction (Foundational Program)

Heated to 100-105° F
(Infrared Room)

Yoga Life Essentials

Heated to 85-90° F (Infrared Room)

Slightly Warm 80° (Infrared Room)