

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