



Yoga Life Center
19820 Wolf Road
Mokona, IL

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 AM							
8:00 AM							
8:30 AM						7:00 - 8:45 Ashtanga Full Primary (Guided)	
8:45 AM							
9:00 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 Ashtanga Half Primary		8:00 - 9:30 Hot 26 + 2
9:15 AM							
9:30 AM							
9:45 AM						9:00 - 10:00 Fundamentals	
10:00 AM							
10:15 AM		10:00 - 11:15 Ashtanga Half Primary	9:30 - 11:00 Hot 26 + 2				
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
12:00 PM						Noon - 1:00 Inferno Pilates	
1:00 PM							
5:15 PM						5:00 - 5:45 Dynamic Stretch (1st of Month)	
5:30 PM							
6:00 PM	6:00 - 7:00 Lite	6:00 - 7:00 Fundamentals		6:00 - 7:15 Ashtanga Half Primary	5:30 - 7:00 Hot 26 + 2		
6:15 PM							
6:30 PM							
7:00 PM						6:15 - 7:15 Hot 26 + 2	
7:15 PM							
7:30 PM	7:15 - 8:15 Restore	7:15 - 8:15 Yin		7:15 - 8:45 Gong			
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)