



Yoga Life Center
19820 Wolf Road
Mokena, IL

SCHEDULE

www.YogaLifeCntr.com

	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							
8:00 AM		8:45 - 9:30 Pilates Body	8:00 - 9:00 Lite	8:45 - 9:45 Hot 26 + 2	8:45 - 9:45 Fundamentals	7:00 - 8:30 Ashtanga Full Primary (Guided)	8:00 - 9:30 Hot 26 + 2
8:30 AM							
8:45 AM							
9:00 AM	9:30 - 10:30 Ashtanga Short Form		9:30 - 11:00 Hot 26 + 2		10:00 - 11:00 Heated Flow	9:00 - 10:00 Fundamentals	
9:30 AM							
9:45 AM							
10:00 AM	9:30 - 11:00 Hot 26 + 2					10:15 - 11:30 Hot Barre	
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:30 AM							
12:00 PM					Noon - 1:00 Hot 26 + 2		
1:00 PM							
6:00 PM							
6:15 PM	6:00 - 7:00 Lite	6:00 - 7:00 Heated Flow	6:00 - 7:00 Fundamentals	6:00 - 7:00 Hot 26 + 2	6:00 - 7:00 Ashtanga Short Form	6:15 - 7:15 Hot 26 + 2	6:30 - 7:30 Yin
6:30 PM							
7:00 PM							
7:15 PM	7:15 - 8:15 Restore	7:15 - 8:15 Yin	7:15 - 8:15 Gong	7:15 - 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)