



www.YogaLifeCntr.com

19820 Wolf Rd, Mokena, IL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning Main Room	7 - 8:30 Ashtanga Guided Primary	6 - 8 Ashtanga Mysore	7 - 8:30 Ashtanga Guided Primary	6 - 8 Ashtanga Mysore	8 - 9 YogaLife Lite	7 - 8:30 Ashtanga Guided Primary	8 - 10 Ashtanga Mysore Open Room
Morning Main Room	9:15 - 11:15 Ashtanga Mysore	9:15 - 10:15 Yoga Life Ropes	9 - 10 Yoga Life Lite	9:15 - 10:45 Ashtanga Guided Primary		9:00 - 10:15 YogaLife Hatha Peak	10:15 - 11:15 Yoga Life Ropes
Morning Hot Room	9:30 - 11:00 Yoga Life Traditional Hot	9:30 - 10:30 Yoga Life Heated Flow	9:30 - 11:00 Yoga Life Traditional Hot		9:30 - 10:30 Yoga Life Peak Flow		8 - 9:30 Yoga Life Traditional Hot
Early Evening Main Room					5-6 Yoga Life 101		
Evening Main Room	6 - 7 Yoga Life Lite	6 - 7 Yoga Life 101		6 - 7 Ashtanga Short Form			6:30 - 7:30 Meditation & Sound Healing
Evening Hot Room	6 - 7 Yoga Life Peak Flow	6 - 7 Yoga Life Traditional Hot	6 - 7 Yoga Life Heated Flow		6:15 - 7:15 Yoga Life Traditional Hot	<p>Check our Events Page for Friday Night and Weekend Workshops!</p>	
Late Evening Main Room	7:15 - 8:15 Yoga Life Hatha	7:15 - 8:15 Yoga Life Hatha	7:15-8:30 Yoga Life Gong	7:15 - 8:15 Yoga Life Ropes			
Late Evening Hot Room	7:15 - 8:15 Yoga Life Restore	7:15 - 8:15 Yoga Life Restore	7:15 - 8:15 Yoga Life Yin	7:15 - 8:15 Yoga Life Heated Flow			

Ashtanga Instruction (Foundational Program)
Heated to 100-105F (Infrared Benefits)

Yoga Life Essentials Classes (Foundational Program)
Heated to around 85F (Infrared Benefits)

Meditation Sessions
Slightly Warm (Infrared Benefits)