



www.YogaLifeCntr.com

19820 Wolf Rd, Mokena, IL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning Main Room	6:00 - 8:00 Ashtanga Mysore		8:00 - 9:00 Yoga Life Lite	6:00 - 8:00 Ashtanga Mysore		7:00 - 8:30 Ashtanga Guided Primary	
Early Morning Hot Room				8:00 - 9:30 Yoga Life Hot 26+2			
Morning Main Room	9:30 - 10:30 Ashtanga Short Form	10:00 - 11:00 Yoga Life Ropes		8:00 - 10:00 Ashtanga Mysore	8:30 - 9:30 YogaLife Fundamentals	8:45 - 9:45 YogaLife Hatha Peak	
Morning Hot Room	9:30 - 11:00 Yoga Life Hot 26+2	9:30 - 10:30 Yoga Life Heated Flow	9:30 - 11:00 Yoga Life Hot 26+2		9:45 - 10:45 Yoga Life Heated Flow		8:00 - 9:30 Yoga Life Hot 26+2
Evening Main Room	6:00 - 7:00 Yoga Life Lite	6:00 - 7:00 Yoga Life Fundamentals	6:00 - 7:00 Ashtanga Short Form	6:00 - 7:00 Yoga Life Ropes	5:30 - 6:30 Yoga Life Lite		5:15 - 6:15 Yoga Life Hatha
Evening Hot Room	6:00 - 7:00 Yoga Life Heated Flow	6:00 - 7:00 Yoga Life Hot 26+2		6:00 - 7:00 Yoga Life Heated Flow	6:15 - 7:15 Yoga Life Hot 26+2		
Late Evening Main Room		7:15 - 8:15 Yoga Life Hatha + Yin	7:15-8:30 Yoga Life Gong				6:30 - 7:30 Yoga Life Yin + Nidra
Late Evening Hot Room	7:15 - 8:15 Yoga Life Restore			7:15 - 8:15 Yoga Life Yin			

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

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

Meditation Sessions
Slightly Warm (Infrared Benefits)