

Yoga Life Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning Main Room	6 – 8 Ashtanga Mysore		8 – 9 Yoga Life Lite	6 – 8 Ashtanga Mysore		7 – 8:30 Ashtanga Guided Primary	
Early Morning Hot Room				8 – 9:30 Yoga Life Hot 26+2			
Morning Main Room	9:30 – 10:30 Ashtanga Short Form	10:00 – 11:00 Yoga Life Ropes		9:30 – 11:30 Ashtanga Mysore	8:30 – 9:30 Yoga Life Fundamentals	8:45 – 9:45 Yoga Life Hatha Peak	8 – 9:30 Yoga Life Hot 26+2
Morning Hot Room	9:30 – 10:30 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		
Early Evening Main Room		4:45 – 5:45 Youth Yoga 7 Wk Session					
Evening Main Room	6 – 7 Yoga Life Lite	6 – 7 Yoga Life Fundamentals	6 – 7 Ashtanga Short Form	6 – 7 Yoga Life Ropes	5:30 – 6:30 Yoga Life Lite		
Evening Hot Room	6 – 7 Yoga Life Heated Flow	6 – 7 Yoga Life Hot 26+2		6 – 7 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
Late Evening Hot Room	7:15 – 8:15 Yoga Life Restore			7:15 – 8:15 Yoga Life Yin			

www.YogaLifeCntr.com

19820 Wolf Road, Mokena, IL

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

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

*Meditation Sessions
Slightly Warmer (Infrared Benefits)*