



www.YogaLifeCntr.com

19820 Wolf Rd, Mokena, IL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning Main Room	6-8:30 Ashtanga Mysore			6 - 8 Ashtanga Mysore		7 - 8:30 Ashtanga Guided Primary	
Morning Main Room	9:30 - 10:30 Ashtanga Short Form	9:30 - 10:30 Yoga Life Ropes	9 - 10 Yoga Life Lite	9:30 - 11:00 Ashtanga Guided Primary	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 Peak Flow		8 - 9:30 Yoga Life Hot 26+2
Early Evening Main Room		4:45 - 5:45 Youth Yoga 7 Wk Sessions			5 - 6 Yoga Life Lite		
Evening Main Room	6 - 7 Yoga Life Lite	6 - 7 Yoga Life Fundamentals	6 - 7 Ashtanga Short Form				5:30 - 6:30 1st Sun/Month Meditation & Sound Healing
Evening Hot Room	6 - 7 Yoga Life Peak Flow	6 - 7 Yoga Life Hot 26+2		6 - 7 Yoga Life Heated Flow	6:15 - 7:15 Yoga Life Hot 26+2	<p>Check our Events Page for Friday Night and Weekend Workshops!</p>	
Late Evening Main Room		7:15 - 8:15 Yoga Life Hatha + Yin	7:15-8:30 Yoga Life Gong				
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)