

This Week's Classes:

Classes marked with * are conducted at room temperature - about 22 degrees

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30 am	Vinyasa 60 min Blair	Vinyasa 60 min Aya	Vinyasa 60 min Val		Vinyasa 60 min Kat		
7:00 am						Vinyasa 60 min Shawn	
8:30 am						Vinyasa 60 min David	Beginners* 60 min Kat
9:30 am	All Levels 60 min Blair	Vinyasa 60 min Aya	All Levels 60 min Val	All Levels 60 min David	Vinyasa 60 min Shawn		
10:00 am						Beginners 60 min Val	Beginners 60 min Val
11:30 am						Power 90 min Val	Vinyasa 60 min Val
12:15 pm	Vinyasa 60 min Blair	Hatha* 60 min Val	Yin* 60 min Val	Vinyasa 60 min David	Vinyasa 60 min Shawn		
4:00 pm	Vinyasa 60 min David		Hatha* 60 min David			Vinyasa 60 min David	Vinyasa 60 min David
4:30 pm		Vinyasa 60 min Val		Hatha* 60 min Vicky	Yin* 60 min David		
5:45 pm	Power 75 min David		Power 75 min Yanyan				Vinyasa 60 min David
6:00 pm				All Levels 60 min Vicky	Vinyasa 60 min David		
6:30 pm		Power 90 min Val					
7:30 pm	Vinyasa 60 min David		Vinyasa 60 min David	Vinyasa 60 min Val			Yin* 60 min David