

|          | MONDAY                                | TUESDAY                     | WEDNESDAY                             | THURSDAY                       | FRIDAY                               | SATURDAY                             | SUNDAY                      |   |                           |
|----------|---------------------------------------|-----------------------------|---------------------------------------|--------------------------------|--------------------------------------|--------------------------------------|-----------------------------|---|---------------------------|
| 6:00 AM  | <b>6:00 - 8:00</b><br>Ashtanga Mysore |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 7:00 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 8:00 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 8:30 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 8:45 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 9:00 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 9:15 AM  | <b>8:45 - 10:15</b><br>Hot 26 + 2     | 8:45 - 9:30<br>Pilates Body | 8:45 - 10:00<br>Ashtanga Half Primary | 8:30 - 9:15<br>Dynamic Stretch | 8:45 - 9:45<br>Hot 26 + 2            | 8:45 - 9:45<br>Ashtanga Half Primary | 8:45 - 9:30<br>Pilates Body | 7:00 - 8:45<br>Ashtanga Full Primary (Guided) | 8:00 - 9:30<br>Hot 26 + 2 |
| 9:30 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 9:45 AM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 10:00 AM |                                       |                             | 9:30 - 11:00<br>Hot 26 + 2            |                                |                                      |                                      |                             |   | 9:00 - 10:00<br>Lite      |
| 10:15 AM |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 10:30 AM |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 10:45 AM |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 11:00 AM |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 12:00 PM |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 1:00 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 5:15 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 5:30 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 6:00 PM  | 6:00 - 7:00<br>Fundamentals           |                             | 6:00 - 7:00<br>Hot 26 + 2             |                                | 6:00 - 7:15<br>Ashtanga Half Primary |                                      | 6:00 - 7:00<br>Hot 26 + 2   |   | 6:00 - 7:30<br>Hot 26 + 2 |
| 6:15 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 6:30 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 7:00 PM  | 6:30 - 7:30<br>Lite                   | 7:15 - 8:15<br>Yin          |                                       | 7:15 - 8:45<br>Gong            |                                      | 7:15 - 8:15<br>Restore               |                             |   |                           |
| 7:15 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 7:30 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 8:00 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |
| 8:15 PM  |                                       |                             |                                       |                                |                                      |                                      |                             |   |                           |

**Ashtanga Instruction (Foundational Program)**

Heated to 100-105° F (Infrared Room)

**Yoga Life Essentials**

Heated to 85-90° F (Infrared Room)

Slightly Warm 80° (Infrared Room)