



SCHEDULE

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

Ashtanga Instruction (Foundational Program)

Yoga Life Essentials

Heated to 100-105° F (Infrared Room)

Heated to 85-90° F (Infrared Room)

Slightly Warm 80° (Infrared Room)