



YOGA & MEDITATION CLASS SCHEDULE

PART 1

S	M	T	W	T	F	S
	6:00-7:15AM <i>SOOTHING YOGA</i>	6:30-7:30AM <i>CALMING YOGA W/ SOUND BOWLS</i>	6:00-7:15AM <i>CHOPRA YOGA</i>			7:15-7:45AM <i>CHOPRA MEDITATION</i>
	7:30-8:00AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>BREATHWORK</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:30-8:00AM <i>CHOPRA MEDITATION</i>	8:00-9:00AM <i>YOGA SCULT & DETOX</i>
8:45-10:00AM <i>CALMING YOGA</i>	9:30-10:45AM <i>HEATED INVIGORATING YOGA</i>	9:30-10:45AM <i>SOOTHING YOGA</i>	9:00-9:30AM <i>CHOPRA MEDITATION</i>	8:45-10:00AM <i>INVIGORATING YOGA</i>	8:45-10:00AM <i>CHOPRA YOGA</i>	9:15-10:30AM <i>INVIGORATING YOGA</i>
10:15-10:45AM <i>CHOPRA MEDITATION</i>	11:00-11:45AM <i>MEDITATION & CHAKRA BALANCING</i>		10:30-11:15AM <i>SOUND HEALING</i>		10:30-11:45AM <i>WALL YOGA</i>	10:45-11:45AM <i>HEATED CHOPRA YOGA</i>



YOGA & MEDITATION CLASS SCHEDULE PART 2

S	M	T	W	T	F	S
	12:00-1:00PM <i>HEATED CHOPRA YOGA</i>	12:00-12:45PM <i>YOGA SCULPT & DETOX</i>	12:00-1:00PM <i>HEATED INVIGORATING YOGA</i>	12:00-1:15PM <i>HEATED CHOPRA YOGA</i>	12:00-12:45PM <i>SOUND HEALING</i>	
					5:30-6:00PM <i>CHOPRA MEDITATION</i>	
	5:45-7:00PM <i>WALL YOGA</i>	5:30-6:45PM <i>HEATED CHOPRA YOGA</i>	5:30-6:45PM <i>SOOTHING YOGA</i>	5:30-6:45PM <i>HEATED CALMING YOGA</i>	6:15-7:00PM <i>DANCE MEDICINE</i>	
		7:15-8:00PM <i>STRETCHING & MYOFASCIAL RELEASE</i>	7:00-7:30PM <i>CHOPRA MEDITATION</i>	7:00-8:00PM <i>CANDLELIGHT YOGA</i>	7:15-7:45PM <i>CHOPRA MEDITATION</i>	
					7:15-8:15PM <i>CANDLELIGHT YOGA</i>	



REFORMER ROOM CLASS SCHEDULE

<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
				6:00-6:45AM <i>FOUNDATIONS</i>		
	8:30-9:15AM <i>FOUNDATIONS</i>		8:30-9:15AM <i>ALL LEVELS</i>	8:30-9:15AM <i>PROGRESSIVE</i>	8:15-9:00AM <i>FOUNDATIONS</i>	8:00-8:45AM <i>FOUNDATIONS</i>
	9:30-10:15AM <i>ALL LEVELS</i>		9:30-10:15AM <i>PROGRESSIVE</i>	9:30-10:15AM <i>ALL LEVELS</i>	9:15-10:00AM <i>JUMPBOARD</i>	9:00-9:45AM <i>FOUNDATIONS</i>
10:30-11:15AM <i>ALL LEVELS</i>	10:30-11:15AM <i>JUMPBOARD</i>		10:30-11:15AM <i>JUMPBOARD</i>	10:30-11:15AM <i>FOUNDATIONS</i>		
	5:30-6:15PM <i>FOUNDATIONS</i>	5:30-6:15PM <i>JUMPBOARD</i>				
	6:30-7:15PM <i>PROGRESSIVE</i>			6:00-6:45AM <i>PROGRESSIVE</i>		

AERIAL & BARRE STUDIO CLASS SCHEDULE

<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
				8:00-9:00AM <i>CARDIO BARRE</i>		
9:15-10:15AM <i>AERIAL YOGA</i>		9:30-10:30AM <i>AERIAL YOGA</i>	10:00-11:00AM <i>MAT-BASED PILATES</i>	9:15-10:15AM <i>BARRE STRETCH</i>		9:30-10:15AM <i>AERIAL MEDITATION</i>
10:30-11:30AM <i>AERIAL YOGA</i>			11:15-12:15PM <i>BARRE</i>			10:45-11:45AM <i>AERIAL YOGA</i>
	4:30-5:30PM <i>AERIAL YOGA</i>	5:00-6:00PM <i>AERIAL YOGA</i>			5:00-5:45PM <i>AERIAL MEDITATION</i>	
	6:00-7:00PM <i>BARRE</i>	6:30-7:30PM <i>YOGA+PILATES FUSION</i>	6:45-7:45PM <i>AERIAL YOGA</i>		6:00-7:00PM <i>AERIAL YOGA</i>	