

YOGA & MEDITATION MORNING SCHEDULE

S	M	T	W	T	F	S
		6:30-7:30AM <i>SUNRISE FLOW</i>				
	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:45-8:15AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:45-8:15AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	
9:00-10:00AM <i>FLOW & RESTORE</i>	9:00-10:00AM <i>ALL LEVELS HEATED CHOPRA VINYASA</i>		9:00-9:45AM <i>HEATED YOGA & PILATES FUSION</i>	9:30-10:30AM <i>YOGA BASICS</i>	9:00-10:00AM <i>FLOW & RESTORE</i>	9:15-10:30AM <i>Yoga & Myofascial Release</i>
10:15-10:45AM <i>CHOPRA MEDITATION</i>			10:30-11:15AM <i>SOUND BOWL HEALING</i>		10:30-11:30AM <i>HEATED CHOPRA VINYASA</i>	10:45-11:45AM <i>HEATED CHOPRA VINYASA</i>

YOGA & MEDITATION

AFTERNOON/EVENING SCHEDULE

S	M	T	W	T	F	S
	12:00-1:00PM HEATED CHOPRA YOGA	12:00-1:00PM CHOPRA YIN	12:00-1:00PM HEATED CHOPRA VINYASA	12:00-1:00PM SEASONAL CHOPRA YOGA	12:30-1:15PM SOUND BOWL HEALING	12:00-1:00PM ALL LEVELS CHOPRA VINYASA
5:15-6:15PM STRETCH & SOOTHE	6:00-7:00PM WALL YOGA BASICS	5:30-6:45PM HEATED CHOPRA YOGA	6:00-7:00 PM INTERMEDIATE HEATED CHOPRA VINYASA		6:30-7:45PM CHOPRA YIN & SOUND HEALING	
	7:15-8:00PM CANDLELIGHT MEDITATION & SOUND HEALING	7:00-8:00PM COMM. INTRO TO MEDITATION	7:15-8:00PM CANDLELIGHT RESTORATIVE & SOUND HEALING	6:30-7:45PM STRETCH & SOOTHE		



REFORMER ROOM CLASS SCHEDULE

S	M	T	W	T	F	S
	8:30-9:30AM <i>REFORMER BASICS</i>	9:00-10:00AM <i>REFORMER BASICS</i>		9:00-10:00AM <i>ADVANCED REFORMER</i>	8:30-9:30AM <i>REFORMER BASICS</i>	9:00-10:00AM <i>JUMPBOARD REFORMER</i>
9:00-10:00AM <i>REFORMER BASICS</i>	9:30-10:30AM <i>ALL LEVELS</i>	10:00-11:00AM <i>ALL LEVELS</i>		10:00-11:00AM <i>ALL LEVELS</i>	9:30-10:30AM <i>JUMPBOARD</i>	10:00-11:00AM <i>ALL LEVELS</i>
	10:30-11:30AM <i>REFORMER BASICS</i>					11:00-12:00PM <i>REFORMER BASICS</i>
	5:30-6:30PM <i>REFORMER BASICS</i>	6:00-7:00PM <i>JUMPBOARD</i>	5:30-6:30PM <i>ALL LEVELS</i>	5:00 PM <i>ALL LEVELS</i>	5:30-6:30PM <i>REFORMER BASICS</i>	
	6:30-7:30PM <i>PROGRESSIVE</i>		6:30-7:30PM <i>ALL LEVELS</i>	6:00 PM <i>ALL LEVELS</i>	6:30-7:30PM <i>ALL LEVELS</i>	

AERIAL & BARRE STUDIO CLASS SCHEDULE

S	M	T	W	T	F	S
8:00-9:00AM PILATES MAT		8:00-9:00AM BARRE STRENGTH				
		9:30-10:30AM EARTH & AIR: GROUND AND AERIAL YOGA			9:30-10:30AM BARRE STRENGTH	9:30-10:30AM AERIAL YOGA (intermediate)
		12:15-1:00PM PILATES MAT	11:45AM-12:45PM PILATES MAT	10:30AM-11:30AM PILATES MAT		10:45-11:15AM AERIAL MEDITATION
	5:15-6:15PM AERIAL PILATES	5:15-6:15PM AERIAL YOGA (beginner)	6:00-7:00PM AERIAL YOGA (all levels)		5:15-5:45PM AERIAL MEDITATION	
	6:30-7:30PM BARRE BASICS	6:30-7:30PM YOGA+PILATES FUSION	6:45-7:45PM AERIAL YOGA (all levels)		6:00-7:00PM AERIAL YOGA (all levels)	