



time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 – 7:00	Power		YHot		Power		
7:15 – 8:15		YHot		YHot			
8:00 – 9:00						YHot	YHot
9:15 - 10:30	Flow	Flow	Flow	Flow	Flow	Power	Flow
10:45 – 11:45	Pilates	Pilates	Pilates	Pilates	Pilates	Core	Pilates
12:00 - 1:00	YHot	Power	YHot	Power	YHot	YHot	YHot
1:15 – 2:15	Hatha		Hatha			Hatha (75 mins)	Restorative (90 mins)
4:15 – 5:15	Power	Power	Power	Power	Power	Power	Foundation Power
4:30 – 5:45	Hatha	Pilates (60 mins)	Kundalini	Pilates (60 mins)	Hatha	Kundalini	Hatha
5:30 – 6:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
6:00 – 7:15	Flow	Yin	Foundation Flow	Yin	Flow	Flow by donation (60 mins)	Flow (60 mins)
7:00 – 8:15	Power	Power	Power	Power	Power	Power	Power
7:15 - 8:45						Yin	Yin
7:30 - 8:30	Core	Hatha	Core	Hatha	Core		
8:30 – 9:30	YHot	YHot	YHot	YHot	YHot	YHot	YHot
8:45 – 10:00	Yin	Restorative	Yin	Restorative	Yin		

Please note that schedule is subject to change. See website for current daily schedules.