



time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30–7:30	Power	Power	Power	Power	Power		
7:00–8:00	YHot	YHot	YHot	YHot	YHot		
7:45–8:30	Yin		Yin		Yin		
8:00–9:00						YHot	YHot Silent
9:30–10:45	Power	YHot	Power	YHot	Power	YHot	(9:15-10:30) Meditation
10:00–11:30	Anusara	Anusara	Anusara	Anusara Intermediate	Anusara	Anusara: The Practice (120 mins)	Power
12:00–1:00	YHot	YHot	YHot	YHot	YHot	YHot	YHot
12:15–1:15	Power	Power	Power	Power	Power	Foundation Power	Power
2:00–3:00		Pilates		Pilates			Hatha by donation
2:00–3:15	YHot	Power Intermediate	YHot	Power	YHot	Power	YHot
4:00–5:30	YHot	YHot	YHot	YHot	YHot	YHot	(3:30- 5:30) Power Lila
4:30–5:45	Anusara	Anusara	Anusara	Anusara	Anusara Intermediate	Anusara	Foundation Anusara
5:45–7:15	Power Intermediate	Power	Power	Power	Power	Power	
6:00–7:30	Anusara	Anusara Intermediate	Anusara	Anusara	Anusara		Yin (120 mins)
7:45–9:00	Power	YHot	Power Bliss Hips	YHot	Power		Power
8:00–9:30	Yin	Yin	Yin	Yin	Yin	Yin	
8:15–9:15						YHot	YHot
9:15–10:15	YHot	YHot	YHot	YHot			

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