

TIMES	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO
6.30-7.30	BIKRAM				BIKRAM									
8.30-9.30				SET SEQUENCE 60	BIKRAM			VINYASA			BIKRAM 75MIN			
9.00-10.00										HATHA 90		PILATES		
9.30-10.30						PILATES				PILATES				
10.00-11.00												VINYASA		YINYASA
4.15-5.15		VINYASA						VINYASA W 10 MIN MEDITATION						
5.15-6.15			VINYASA SLIGHTLY HEATED		BIKRAM		BIKRAM			VINYASA ALL LEVELS				
5.30-6.30	VINYASA W CORE			PILATES				PILATES						
6.30-7.30			POWER YOGA		POWER YOGA		VINYASA SLIGHTLY HEATED							
6.35-7.35		BASIC COURSE 15-31 JAN		GENTLE VINYASA		BASIC COURSE 15-31 JAN		GENTLE VINYASA						
6.45-7.45	BIKRAM													

INDICATES HEATED

INDICATES NON/SLIGHTLY-HEATED

INDICATES PILATES

INDICATES COURSE

FEBRUARY BIKRAM COURSE
MARCH ARM STRENGTH IN PREP FOR ARM BALANCES

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