

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30-9.30		VINYASA	BIKRAM			BIKRAM 90MIN	
9.00-10.00					HATHA 90	PILATES	
10.00-11.00							YINYASA
1.00-1.45		LUNCH-TIME VINYASA		LUNCH-TIME VINYASA			
4.15-5.15			PREGGY PRACTICE				
5.15-6.15	VINYASA W CORE	VINYASA SLIGHTLY HEATED	PILATES	BIKRAM	BIKRAM	PILATES	VINYASA ALL LEVELS
5.30-6.30				BEGINNER PILATES			
6.30-7.30			VINYASA ALL LEVELS		VINYASA ALL LEVELS		
6.45-7.45	BIKRAM			POWER YOGA			

INDICATES HEATED

INDICATES NON/SLIGHTLY-HEATED

INDICATES PILATES

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