

1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated 2. * 60 minute class. ** 75 minute class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Dec 31 New Year's Eve	01-Jan New Year's Day	2-Jan	3-Jan	4-Jan	5-Jan
FF - Foundation Flow MY - Mixed Yin Yoga YWL- Weight Loss Yoga SBH - Singing Bowl MX - Mixed Yoga Style MF- MixFoundationFlow HC - Hot Core VF - Vinyasa Flow	9:30 ** MX Jenny 12:00 *E FF Sujun 1:30 *C SBH Gavin	9:30 ** MX Pari 12:00 *E FF Pari	9:30 ** MY Jenny 12:00 *E FF Nancy 1:30 *C Mec Cindy 5:30 * FF Pari 7:00 * VF Susan 8:30 ** MX Susan	6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MX Suzanna 12:00 *E FF Suzanna 8:00 Aerial 5:30 * FF Susan 7:00 **E YWJ Guy 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May 12:30 *C Mec Cindy 5:30 *C FF Nancy 7:00 * MF Kim 8:30 ** MY Jenny
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
9:00 * Kid! Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda 5:30 *C FF Vanessa 7:00 * MF Sujun 8:30 ** MY Susan	9:30 ** MX Jenny 12:00 *E MF Sujun 1:30 *C Med Cindy 5:30 * FF May 7:00 * HC Danielle 8:30 ** MX Danielle	6:30 *C MF Liliana 9:30 ** MX Pari 12:00 *E FF Pari 5:30 * FF Jenny 7:00 * YF May 8:30 ** FF May	9:30 ** MY Jenny 12:00 *E FF Nancy 1:30 *C Mec Cindy 5:30 * FF Pari 7:00 * VF Susan 8:30 ** MX Susan	6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MX Suzanna 12:00 *E FF Suzanna 8:00 Aerial 5:30 * FF Susan 7:00 **E YWJ Guy 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May 12:30 *C Mec Cindy 5:30 *C FF Nancy 7:00 * MF Kim 8:30 ** MY Jenny
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
9:00 * Kid! Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda 5:30 *C FF Vanessa 7:00 * MF Jenny 8:30 ** MY Susan	9:30 ** MX Jenny 12:00 *E MF Suzanna 1:30 *C Med Cindy 5:30 * FF May 7:00 * HC Danielle 8:30 ** MX Danielle	6:30 *C MF Liliana 9:30 ** MX Pari 12:00 *E FF Pari 5:30 * FF Jenny 7:00 * YF May 8:30 ** FF May	9:30 ** MY Jenny 12:00 *E FF Nancy 1:30 *C Mec Cindy 5:30 * FF Pari 7:00 * VF Susan 8:30 ** MX Susan	6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC May 8:30 ** MY Jenny	9:30 ** MX Suzanna 12:00 *E FF Suzanna 8:00 Aerial 5:30 * FF Guy 7:00 **E YWJ Guy 8:30 * MX Susan	9:00 *C AY Gavin 9:00 ** VF Susan 10:30 *C AC Gavin 11:00 *E FF May 12:30 *C Mec Cindy 5:30 *C FF Nancy 7:00 * MF Kim 8:30 ** MY Jenny
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
9:00 * Kid! Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda 5:30 *C FF Vanessa 7:00 * MF Jenny 8:30 ** MY Susan	9:30 ** MX Jenny 12:00 *E MF Sujun 1:30 *C Med Cindy 5:30 * FF May 7:00 * HC Danielle 8:30 ** MX Danielle	6:30 *C MF Liliana 9:30 ** MX Pari 12:00 *E FF Pari 5:30 *C AY Gavin 5:30 * FF Jenny 7:00 *C AC Gavin 7:00 * YF May 8:30 ** FF May	9:30 ** MY Jenny 12:00 *E FF Nancy 1:30 *C Mec Cindy 5:30 * FF Pari 7:00 * VF Susan 8:30 ** MX Susan	6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 8:00 Aerial 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MX Suzanna 12:00 *E FF Suzanna 8:00 Aerial 5:30 * FF Susan 7:00 *C AY Gavin 7:00 **E YWJ Jacinda 8:30 * MX Jacinda	9:00 *C AY Gavin 9:00 ** VF Susan 10:30 *C AC Gavin 11:00 *E FF May 12:30 *C Mec Cindy 5:30 *C FF Kim 7:00 * MF Kim 8:30 ** MY Jenny
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	"C" classes are \$10; "E" classes are \$16 or use your plan; All Yoga classes are in the "hot" room except Aerial Yoga, AY - Aerial Yin and AC - Aerial Core; All Aerial Yoga will be pre-registered classes	
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