

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|---|--|---|--|---|
|  |  |   |  | <b>1</b>  | <b>2</b>   | <b>3</b>  |
|  |  |   |  | 6:30-7:30 Stephanie Y<br>9:30-11:00 Stephanie Y<br>12:30-1:30 Ann HF<br><br>4:30-5:45** Wenli A<br>6:15-7:30 Jenny HF<br>8:00-9:00 Kyle HY<br>9:30-10:30 Kyle R     | 6:30-7:30 Jenny P<br>9:30-10:45 Michael VF<br>12:30-1:30 Rachel HVF<br><br>4:30-5:30 Jenn HF<br>6:00-7:00** Jenn Y       | 8:00-9:15 Connie HY<br>9:45-11:00 Connie PF<br>11:30-12:30 Nia PN<br>1:00-2:00 Sandy P<br><br>4:00-5:00 Amanda C    |
| <b>4</b>   | <b>5</b>   | <b>6</b>  | <b>7</b>   | <b>8</b>  | <b>9</b>   | <b>10</b>   |
| 8:30-9:45 Jennifer HY<br>10:15-11:30 Wenli A<br>12:00-1:30 Stephanie Y/R<br><br>6:00-7:00 Melissa HY | 6:30-7:30 Katie VF<br>9:30-10:45 Katie HF<br>12:30-1:30 Katie HVF<br><br>4:30-5:45 Wenli A<br>6:15-7:30** Wenli HVF<br>8:00-9:00 David HY<br>9:30-10:30 David HF | 6:30-7:30 Wenli VF<br>9:30-10:45 Rachel HVF<br>12:30-1:30 Rachel Y<br><br>4:30-5:45** Ann YY<br>6:15-7:15 Mia PN<br>8:00-9:00 Daniel HF<br>9:30-10:30 Daniel HY | 6:30-7:30 Mehran VF<br>9:30-10:45 Leslie HF<br>12:30-1:30 Sandy P<br><br>4:30-5:45 Kyle HY<br>6:15-7:30** Kyle HF<br>8:00-9:00 Jenna PF<br>9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y<br>9:30-11:00 Stephanie Y<br>12:30-1:30 Leslie HF<br><br>4:30-5:45** Leslie A<br>6:15-7:30 Jenny HF<br>8:00-9:00 Kyle HY<br>9:30-10:30 Kyle R | 6:30-7:30 Jennifer VF<br>9:30-10:45 Michael VF<br>12:30-1:30 Rachel HVF<br><br>4:30-5:30 Jenna HF<br>6:00-7:00** Jenna Y | 8:00-9:15 Connie HY<br>9:45-11:00 Connie PF<br>11:30-12:30 Nia PN<br>1:00-2:00 Sandy P<br><br>4:00-5:00 Amanda C    |
| <b>11</b>  | <b>12</b>  | <b>13</b>   | <b>14</b>  | <b>15</b>   | <b>16</b>  | <b>17</b>   |
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| <b>18</b>  | <b>19</b>  | <b>20</b>   | <b>21</b>  | <b>22</b>   | <b>23</b>  | <b>24</b>   |
| 8:30-9:45 Jenny HY<br>10:15-11:30 Wenli A<br>12:00-1:30 Stephanie Y/R<br><br>6:00-7:00 Melissa HY    | 6:30-7:30 Katie VF<br>9:30-10:45 Katie HF<br>12:30-1:30 Katie HVF<br><br>4:30-5:45 Wenli A<br>6:15-7:30** Wenli HVF<br>8:00-9:00 David HY<br>9:30-10:30 David HF | 6:30-7:30 Wenli VF<br>9:30-10:45 Rachel HVF<br>12:30-1:30 Rachel Y<br><br>4:30-5:45** Ann YY<br>6:15-7:15 Mia PN<br>8:00-9:00 Daniel HF<br>9:30-10:30 Daniel HY | 6:30-7:30 Mehran VF<br>9:30-10:45 Leslie HF<br>12:30-1:30 Sandy P<br><br>4:30-5:45 Kyle HY<br>6:15-7:30** Kyle HF<br>8:00-9:00 Jenna PF<br>9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y<br>9:30-11:00 Stephanie Y<br>12:30-1:30 Leslie HF<br><br>4:30-5:45** Leslie A<br>6:15-7:30 Jenny HF<br>8:00-9:00 Kyle HY<br>9:30-10:30 Kyle R | 6:30-7:30 Jennifer VF<br>9:30-10:45 Ann VF<br>12:30-1:30 Rachel HVF<br><br>4:30-5:30 Jenna HF<br>6:00-7:00** Jenna Y     | 8:00-9:15 Connie HY<br>9:45-11:00 Connie PF<br>11:30-12:30 Angela PN<br>1:00-2:00 Sandy P<br><br>4:00-5:00 Amanda C |
| <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28</b>  | <b>29</b>   | <b>30</b>  |   |
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HY - Hot Yoga(100 Degree)    HVF - Hot Vinyasa Flow (95 Degree)    A - Ashtanga Flow(85 Degree)    Y - Yin. Longer hold & Deeper stretch (85 Degree)  
 HF - Hot Flow(100 Degree)    PF - Power Flow (95 Degree)    YY - Yang Yin (95 Degree)    Y/R - Yin & Reiki therapy (85 Degree)  
 VF - Vinyasa Flow (90 Degree)    R - Restorative Yoga (85 Degree)    P - Pilates (90 Degree)    PN - Prenatal Yoga, NO HEAT.





