

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|---|
| | | Jan 1 New Year | 2 | 3 | 4 | 5 |
| | | 6:30-7:30 Cancelled 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Cancelled 6:15-7:15 Cancelled 8:00-9:00 Cancelled 9:30-10:30 Cancelled | 6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R | 6:30-7:30 Jenny P 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenna HF 6:00-7:00** Jenna Y | 8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P 4:00-5:00 Jenny C |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY | 6:30-7:30 Mehran VF 9:30-10:45 Amanda HF 12:30-1:30 Amanda HVF 4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF | 6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Ann YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY | 6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R | 6:30-7:30 Jennifer VF 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenn HF 6:00-7:00** Jenn Y | 8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P 4:00-5:00 Avital C |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY | 6:30-7:30 Mehran VF 9:30-10:45 Amanda HF 12:30-1:30 Amanda HVF 4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF | 6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Ann YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY | 6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R | 6:30-7:30 Jenny P 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenna HF 6:00-7:00** Jenna Y | 8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P 4:00-5:00 Jenny C |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY | 6:30-7:30 Wenli VF 9:30-10:45 Amanda HF 12:30-1:30 Amanda HVF 4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF | 6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Ann YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY | 6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R | 6:30-7:30 Jennifer VF 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenn HF 6:00-7:00** Jenn Y | 8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Angela PN 1:00-2:00 Sandy P 4:00-5:00 Avital C |
| 27 | 28 | 29 | 30 | 31 | | |
| 8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY | 6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF 4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF | 6:30-7:30 Mehran VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Ann YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY | 6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY | 6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R | | |

HY - Hot Yoga(100 Degree) HVF - Hot Vinyasa Flow (95 Degree) A - Ashtanga Flow(85 Degree) Y - Yin. Longer hold & Deeper stretch (85 Degree) F - Hot Yoga Fusion (95 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.

