

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