

AM	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM							
9:00 AM							Hatha (Beginner friendly)
9:15 AM		Hatha (Beginner friendly)			Hatha (Beginner friendly)		
10:05 AM							Hatha (Beginner friendly)
PM							
6:30 PM	Hatha (Beginner friendly)	Hatha (Beginner friendly)	Restorative (Beginner friendly)	Vinyasa (Intermediate level)			
7:35 PM	Hatha (Beginner friendly)	Vinyasa (Intermediate level)	Vinyasa (Intermediate level)	Vinyasa (Intermediate level)			