

October Schedule

Monday

5:30 - 6:15 am	Yoga 4 Definition (m)
9:30 - 10:30am	Balanced Flow (m)
12:00 - 1:00pm	Mindful Movement (m)
4:30 - 5:30 pm	Hot Fusion Yoga (m)
5:30 - 6:30 pm	Yin/Deep Stretch Yoga (s)
6:00 - 7:00 pm	Mindful Movement (m)
7:00 - 8:00 pm	Restorative Aerial (s)
7:30 - 8:30 pm	Flowing Strength (m)

Tuesday

5:30 - 6:15 am	XY Interval Training (m)
9:30 - 10:30 am	Gentle Yoga (s)
9:30 - 10:30 am	Barre Yogilates (m)
12:00 - 1:00 pm	Restorative Yoga (m)
4:15 - 5:15 pm	Gentle Yoga (s)
5:45 - 6:45 pm	Barre Yogilates (m)
5:45 - 6:45 pm	Balanced Flow (s)
7:00 - 8:00 pm	Hot Yoga (m)
8:15 - 9:00 pm	Heated Deep Stretch (m)

Wednesday

5:30 - 6:15 am	Sunrise Express Flow (m)
9:30 - 10:30 am	Mindful Movement (m)
12:00 - 1:00 pm	Balanced Flow (m)
4:30 - 5:30 pm	Flowing Strength (m)
6:00 - 6:45 pm	Aerial Str. & Condit. (s)
6:00 - 7:00 pm	Mindful Movement (m)
7:15 - 8:15 pm	Relaxed Yin Flow (m)

Thursday

5:30 - 6:30 am	Rise & Shine Yoga (m)
9:30 - 10:30 am	Hot Yoga (m)
12:00-1:00 pm	Yin Restorative (m)
4:30 - 5:30 pm	Mindful Movement (m)
5:45 - 6:45 pm	Vertical Barre (s)
6:00 - 7:00 pm	Balanced Flow (m)
7:30 - 8:30pm	Hot Yoga (m)
7:30 - 8:30 pm	Meditative Relax Flow (s)

Friday

5:30 - 6:30 am	Friday Funky Flow (m)
9:30 - 10:30 am	Gentle Yoga (m)
12:00 - 1:00 pm	Restorative Flow (m)
4:30 - 5:30 pm	Hot Yoga (m)
4:30 - 5:30 pm	Yoga 4 Flexibility (s)
6:00 - 7:00 pm	Flowing Strength (s)
6:00 - 7:00 pm	Candlelit Restorative Yoga (m)

Saturday

7:15 - 8:15 am	Vertical Barre (s)
8:30 - 9:30 am	Gentle Rise & Shine (s)
8:45 - 9:45 am	Hot Yoga (m)
10:15 - 11:15 am	Flowing Strength (m)
10:15 - 11:15 am	Yoga 4 Kids (ages 4-8)(s)
11:30 - 12:30 pm	Yoga 4 a Healthy Back (m)
11:30 - 12:30 pm	Stressbuster Student Yoga (9-16) (s)

Sunday

8:00 - 9:00 am	Hot Yoga (m)
9:30 - 10:30 am	Yoga Barre Fusion (m)
10:45 - 11:45 am	Yoga 4 Definition (m)
11:00 - 12:00 pm	Beginner Aerial Silks (s)
12:00 - 1:00 pm	Mindful Movement (m)
4:45 - 5:45 pm	Candlelight Flow (m)

(s) = Sun Studio

(m) = Moon Studio

For full schedule, class descriptions, and rates visit

DoYoga4you.com