

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	8:00 AM Rise and Shine Vinyasa Flow JEN C 10:00 AM Vinyasa Flow JEN C. 12:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners ELENA 8:30 PM Vinyasa Flow ELENA	8:00 AM Rise and Shine Vinyasa Flow JEN KN 10:00 AM Ashtanga Mix ERIC 12:00 PM Vinyasa Flow LINDA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Vinyasa Flow ERIC	8:00 AM Hatha Flow (non-heated) PATTI 10:00 AM Hatha Flow LINDA 12:00 PM Vinyasa Flow JEN C. 5:30 PM Vinyasa Flow LINDA 7:00 PM Ashtanga Mix ERIC 8:30 PM Vinyasa Flow JEN C.	8:00 AM Rise and Shine Vinyasa Flow JEN C 10:00 AM Hot Power JEN C. 12:00 PM Vinyasa Flow JEN C. 5:30 PM Vinyasa Flow CRIO 7:00 PM Hot Power CRIO 8:30 PM Vinyl Vinyasa CASSANDRA	9:00 AM Vinyasa Flow JEN C 10:30 AM Hot Core MICHAEL 12:00 PM Vinyasa Flow JEN C. 4:00 PM Hot Core JEN C.	9:00 AM Vinyasa Flow JEN C. 10:30 AM Hatha Flow JEN C. 12:00 PM Vinyasa Flow JEN C. 5:00 PM Hot Stretch and Release FRANK 7:00 PM Gentle Flow Restorative (non-heated) FRANK 8:30 PM Yoga Nidra ANTONELLA
7	8	9	10	11	12	13 – OPEN HOUSE!
8:00 AM Vinyasa Flow JEN C. 10:00 AM Core Vinyasa MICHAEL 12:00 PM Gentle Hatha (non-heated) VINCENZA 5:30 PM Warm Zen JEN KN 7:00 PM Vinyasa Flow ELENA 8:30 PM Yin/Yang GRACE	8:00 AM Rise and Shine Vinyasa Flow JEN C 10:00 AM Vinyasa Flow ELENA 12:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners ELENA 8:30 PM Vinyasa Flow ELENA	8:00 AM Rise and Shine Vinyasa Flow JEN KN 10:00 AM Ashtanga Mix ERIC 12:00 PM Vinyasa Flow LINDA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Vinyasa Flow ERIC	8:00 AM Gentle Hatha Flow (non-heated) PATTI 10:00 AM Hatha Flow LINDA 12:00 PM Vinyasa Flow JEN C. 5:30 PM Vinyasa Flow LINDA 7:00 PM Ashtanga Mix ERIC 8:30 PM Vinyasa Flow JEN C.	8:00 AM Rise and Shine Vinyasa Flow JEN C 10:00 AM Hot Power JEN C. 12:00 PM Vinyasa Flow JEN C. 5:30 PM Hatha Flow CRIO 7:00 PM Hot Power CRIO 8:30 PM Vinyl Vinyasa CASSANDRA	9:00 AM Vinyasa Flow JEN C 10:30 AM Hot Core MICHAEL 12:00 PM Vinyasa Flow JEN C. 4:00 PM Hot Core JEN C.	9:00 AM Rise and Shine Vinyasa Flow TIERRA 10:30 AM Vinyasa Flow CRIO 12:00 PM Vinyasa Flow JEN C. 1:30 PM Ashtanga Mix ERIC 3:00 PM Yoga for Beginners ELENA 5:00 PM Hot Stretch and Release FRANK 7:00 PM Gentle Flow Restorative (non-heated) FRANK 8:30 PM Yoga Nidra ANTONELLA
14	15	16	17	18	19	20
8:00 AM Vinyasa Flow JEN C. 10:00 AM Core Vinyasa MICHAEL 12:00 PM Gentle Hatha (non-heated) VINCENZA 5:30 PM Warm Zen JEN KN 7:00 PM Vinyasa Flow ELENA 8:30 PM Yin/Yang GRACE	8:00 AM Rise and Shine Vinyasa Flow JEN C. 10:00 AM Vinyasa Flow ELENA 12:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners ELENA 8:30 PM Vinyasa Flow ELENA	8:00 AM Rise and Shine Vinyasa Flow JEN KN 10:00 AM Ashtanga Mix ERIC 12:00 PM Vinyasa Flow LINDA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Vinyasa Flow ERIC	8:00 AM Gentle Hatha Flow (non-heated) PATTI 10:00 AM Hatha Flow LINDA 12:00 PM Vinyasa Flow JEN C. 5:30 PM Vinyasa Flow LINDA 7:00 PM Ashtanga Mix ERIC 8:30 PM Vinyasa Flow JEN C.	8:00 AM Rise and Shine Vinyasa Flow JEN C 10:00 AM Hot Power JEN C. 12:00 PM Vinyasa Flow JEN C. 5:30 PM Hatha Flow CRIO 7:00 PM Hot Power CRIO 8:30 PM Vinyl Vinyasa CASSANDRA	9:00 AM Vinyasa Flow JEN C 10:30 AM Hot Core MICHAEL 12:00 PM Vinyasa Flow JEN C. 4:00 PM Hot Core JEN C.	9:00 AM Rise and Shine Vinyasa Flow TIERRA 10:30 AM Hatha Flow CRIO 12:00 PM Vinyasa Flow JEN C. 5:00 PM Hot Stretch and Release FRANK 7:00 PM Gentle Flow Restorative (non-heated) FRANK
21	22	23	24	25	26	27
8:00 AM Vinyasa Flow JEN C. 10:00 AM Core Vinyasa MICHAEL 12:00 PM Gentle Hatha (non-heated) VINCENZA 5:30 PM Warm Zen JEN KN 7:00 PM Vinyasa Flow ELENA 8:30 PM 108 Sun Salutations ELENA & JEN C.	8:00 AM Rise and Shine Vinyasa Flow JEN C. 10:00 AM Vinyasa Flow ELENA 12:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners ELENA 8:30 PM Vinyasa Flow ELENA	8:00 AM Rise and Shine Vinyasa Flow JEN KN 10:00 AM Ashtanga Mix ERIC 12:00 PM Vinyasa Flow LINDA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Vinyasa Flow ERIC	10:00 AM Hatha Flow JEN C. 12:00 PM Vinyasa Flow JEN C.	12:00 PM Vinyasa Flow JEN C. 5:30 PM Hatha Flow CRIO	9:00 AM Vinyasa Flow JEN C 10:30 AM Hot Core MICHAEL 12:00 PM Vinyasa Flow JEN C. 4:00 PM Hot Core JEN C.	9:00 AM Rise and Shine Vinyasa Flow TIERRA 10:30 AM Hatha Flow JEN C. 12:00 PM Vinyasa Flow JEN C. 5:00 PM Hot Stretch and Release FRANK 7:00 PM Gentle Flow Restorative (non-heated) FRANK

28	29	30	31			
8:00 AM Vinyasa Flow JEN C.	8:00 AM Rise and Shine Vinyasa Flow JEN C.	8:00 AM Rise and Shine Vinyasa Flow JEN KN	8:00 AM Gentle Hatha Flow (non-heated) PATTI			
10:00 AM Core Vinyasa MICHAEL	10:00 AM Vinyasa Flow ELENA	10:00 AM Ashtanga Mix ERIC	10:00 AM Hatha Flow LINDA			
12:00 PM Gentle Hatha (non-heated) VINCENZA	12:00 PM Vinyasa Flow JEN C.	12:00 PM Vinyasa Flow LINDA	12:00 PM Vinyasa Flow JEN C.			
5:30 PM Warm Zen JEN KN	5:30 PM Hot Power ERIC	5:30 PM Hot Core JEN C.	4:00 PM NYE Meditation and Soundbath ANTONELLA			
7:00 PM Vinyasa Flow ELENA	7:00 PM Yoga for Beginners ELENA	7:00 PM Yin/Yang JEN KN				
8:30 PM Yin/Yang GRACE	8:30 PM Full Moon Meditation FRANCA	8:30 PM Vinyasa Flow ERIC				

All classes are 60 minutes in duration and are heated unless otherwise indicated.