































	MON	TUE	WED	THU	FRI	SAT	SUN
6:30am	 60	 60	 60	 60	 60		
8:00am						 90	
8:30am							 60
9:30am	 90	 90	 60	 90	 60		
10:00am						 60	 90
4:30pm	 60	 90	 90	 60	 90	 90	 90
6:30pm	 90	 60	 90	 60	 60		 90
8:00pm		 60		 60			
8:15pm			 60				

 **HOT BIKRAM YOGA**
60 MINS | 90 MINS

 **HOT PILATES HIIT**
60 MINS

 **YIN YOGA**
60 MINS | 90 MINS

Class times subject to change.