

Winter Yoga 2018

MON	TUES	WED	THURS	FRI	SAT	SUN
Hot Power Yoga 9:30am	Hot Power Yoga 8:00am		Hot 26 6:30am		Yoga + Meditation (75 min.) 8am	Hot Power Yoga 8:30am
Yoga 10:45am (45min.)	Yoga 9:30am	Hot Power Yoga 9am	Hot Power Yoga 9:30am	Yoga 9:30am	Hot Power Yoga 9:30am	Yoga + Meditation (75 min.) 10am
				Hot 26 5:30pm		
Yoga 4:30pm	Hot 26 (60min.) 6:15pm	Hot Power Yoga 5:30pm	Hot Power Yoga 4:30pm	Yoga 6:30pm		
Hot Power Yoga 7:00pm	Hot Power Yoga 7:30pm	Yoga 7pm	Hot 26 (60min.) 7:30pm			

YOGA

A meditative class with sun salutes, postures and breathing practice in a non-heated studio.

Hot Power Yoga

A power hour of yoga with traditional poses, inversions and arm balancing in 95 degrees

Hot 26

A set of 26 postures (original practice designed by Bikram) in 105 degree room

