

ELITE YOGA 2020 SCHEDULE



MON	TUE	WED	THUR	FRI	SAT	SUN
				*Mixed Vinyasa 8 - 8:50 AM		
Morning Energy Flow 9 - 10 AM	Morning Flow 9 - 10:15 AM	Morning Energy Flow 9 - 10:15 AM	Mixed Vinyasa 9 - 10 AM	Mixed Vinyasa 9 - 10 AM	Mixed Vinyasa 9 - 10 AM	Mixed Vinyasa 9:30 - 10:30 AM
*Yin Yoga 10:30 - 11:30 AM	Tone it UP 10:30 - 11:30 AM	*Yin Yoga 10:30 - 11:30 AM	*Yin Yoga 10:30 - 11:30 AM	Tone it UP 10:30 - 11:30 AM	Ashtanga Improv (Invigorating) 10:30 - 11:45 AM	
Level 2 12:30 - 1:30 PM	LEVEL 2 12:30 - 1:30 PM	Bheemashakti.Ashtanga (instructors preference) 12 - 1:15 PM	Mixed Vinyasa \ HATHA 12 - 1 PM	*Yin Yoga 12:00 - 1 PM		
Hot Hour Yoga heated 85-95° 4:30 - 5:30 PM	Mixed Vinyasa-*80 heat 4:45 - 5:45 PM	Hot Hour Yoga heated 85-95° 4:30 - 5:30 PM				Tone It UP 5:00 - 6:00 PM Yoga w/ Weights
Vinyasa Yin Light Massage 5:45 - 7:45 PM	Ashtanga Improv (Invigorating) 6 - 7:45PM	Mixed Vinyasa 5:45 - 6:45	Mixed Vinyasa 6:30 - 7:30 PM			YIN YOGA (starting march) 6:30 - 7:30 PM Yin candlelight

PLEASE SIGN UP ON MIND BODY OR ON OUR WEBSITE. IF CLASS IS CANCELLED, YOU WILL RECEIVE A TEXT AND EMAIL.

Doors are locked right at the start of class for safety. We will usually wait 3 minutes.

If standing at the door (Mon - Sun), please, text (858) 336 - 0494.

VIDEO CAMERAS ARE ON 24/7