

# GROUP CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 AM	ASHTANGA INTRO (HANA)		ASHTANGA INTRO (HANA)	YOGA FUNDAMENTAL (JEN)	TRANSFORMATIONAL YOGA (JEN)		
8:00 - 9:00 AM							8:30 - 9:30 AM ASHTANGA INTRO (RINA)
9:00 - 10:00 AM	HATHA (JESSIE)				9:30 - 10:30 AM CORE BARRE	PRE PRIMARY BALLET	
10:00 - 11:00 AM	10:30 - 11:30 AM VINYASA (JESSIE)	10:30 - 12:00 NN ADULT BALLET				PRIMARY BALLET	VINYASA (MI)
11:00 - 12:00 NN						11:30 - 12:30 PM GYMLAB (3-4 Y/O)	
12:00 - 1:00 PM				POWER YOGA (MJ)		12:30 - 1:30 PM GYMLAB (5+ Y/O)	POWER YOGA (RAM)
1:00 - 2:00 PM							
2:00 - 3:00 PM	2:30 - 3:30 PM YIN YOGA (MJ)			YIN YOGA (MJ)	2:30 - 3:30 PM YIN YOGA (ERIKA)	2:00 - 3:30 PM ADULT BALLET	
3:00 - 4:00 PM						3:30 - 4:30 PM GRADE I / 2 BALLET	ASHTANGA INTRO (RINA)
4:00 - 5:00 PM			HATHA (JEN)		PRE-PRIMARY / PRIMARY BALLET		
5:00 - 6:00 PM						HATHA (JESSIE)	IYENGAR YOGA (JESSIE)
6:00 - 7:00 PM		CHAKRA HEALING (JEN)	6:30 - 8:00 PM ADULT BALLET	CHAKRA HEALING (JEN)			
7:00 - 8:00 PM	HOT VINYASA (RAM)	ASHTANGA INTRO (JEN)		ASHTANGA INTRO (RINA)	7:30 - 8:30 PM YOGA FUNDAMENTAL (KAI)	IYENGAR YOGA (JESSIE)	HOT VINYASA (RAM)
8:00 - 9:00 PM			CHAIR YOGA (JESSIE)				

\*Classes might change without prior notice subject to the availability of instructors.