

MONDAY

Yoga Studio	Power Studio	Pole Fitness Studio
	6:30 – 7:30 am ☺ NIA Moves	
		9 – 10 am ☺ EnerPilates
10 – 11:30 am ☺ Yoga Foundation 1+		
12 – 12:30 pm ☺ Meditation		11:30 am – 12:15 pm ☺ Pole “Fun”damentals
4:30 – 5:15 pm ☺ Yoga Fundamentals		
5:30 – 6 pm Orientation (RSVP)		5:15 – 6 pm ☺ Pole “Fun”damentals
6 – 7:30 pm ☺ Yoga Foundation	6 – 7:30 pm ★ Tigers/Warriors	6:15 – 7 pm ☺ Irresistible Chair & Floor

WEDNESDAY

Yoga Studio	Power Studio	Pole Fitness Studio
10 – 11 am ☺ Fundamentals + Focus		
		11 am – 12 pm ☺ EnerPilates
12 – 1 pm ☺ Shanti Rasa Flow		
5 – 6 pm ☺ Yoga Rhythms (Drums)	5 – 6 pm ☺ Zumba Crave	
6 – 7 pm ☺ Shanti Rasa Flow		
7:15 – 8 pm ☺ Yoga Fundamentals		

TUESDAY

Yoga Studio	Power Studio	Pole Fitness Studio
10 – 11:30 am ☺ Yoga Foundation 2		
12 – 12:45 pm ☺ Yoga Nidra		
	1 – 2 pm ☺ Zumba Crave	
6 – 7:15 pm ☺ Yoga Foundation 2	5:30 pm – 7 pm ☺ Yoga Foundation	6:30 – 7:15 pm ☺ Pole “Fun”damentals
7:30 – 8:30 pm ☺ Pre-Natal	7:30 – 8:30 pm ☺ NIA Moves	

THURSDAY

Yoga Studio	Power Studio	Pole Fitness Studio
10 – 11:15 am ☺ Yoga Foundation		
12 – 1 pm ☺ Yoga Rhythms (Drums)		
		5:15 – 6 pm ☺ Pole “Fun”damentals
6 – 7:15 pm ☺ Yoga Foundation 2+	6 – 7 pm ☺ Belly Raks (Belly Dance)	6 – 6:45 pm ☺ Evolutionary Healing
	7 – 8:15 pm ☺ Yoga Foundation	








☺ = Yoga general class

★ = Rasa Kids general class






☺ = LM general class

Schedule Last Updated: 2/21/12




FRIDAY

Yoga Studio	Power Studio	Pole Fitness Studio
		9 – 10 am  EnerPilates
10 – 11 am  Yoga Foundation		
	11 am – 12 pm  Belly Raks (Belly Dance)	
12 – 12:30 pm  Meditation		
5:30 – 6:30 pm  Yoga Foundation	5:30 – 6:30 pm  Peaceful Warriors	
	6:30 – 7:30 pm  Zumba Crave	

SATURDAY

Yoga Studio	Power Studio	Pole Fitness Studio
	8 – 9 am  Zumba Crave	
9 – 10:30 am  Yoga Foundation	9 – 10:30 am  Tigers/Warriors	
	10:45 – 11:45 am  Belly Raks (Belly Dance)	10:30 – 11:15 am  Pole “Fun”damentals

SUNDAY

Yoga Studio	Power Studio	Pole Fitness Studio
10 – 11:30 am  Yoga Stability		
5 – 6 pm  Jai Yoga		
	6 – 7 pm  Zumba Crave	



 **Yoga Rasa**  **Lotus Moves**  **Rasa Kids**

*Weekly Class Schedule effective 2/21/12.

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