

Weekly Class Schedule

	Purple Studio	Blue Studio	Red Studio
M O N D A Y			
	10 – 11:15 am Yoga Foundation		
	12 – 12:30 pm Meditation		
	5 – 5:45 pm <i>Peel Away Yoga Fundamentals</i>		
	6 – 6:30 pm <i>Peel Away Yoga Foundation</i>	6 – 7 pm Tai Chi	6 – 7 pm Buti Yoga
6:30 – 7:15 pm <i>Peel Away Mindful Flow</i>			

Weekly Class Schedule effective 09/1/18.

Temporary schedule changes are listed on our Website.

Italicized classes in shaded boxes indicate broadcasted classes.



	Purple Studio	Blue Studio	Red Studio
T U E S D A Y			
	10 – 11 am Fundamentals + Focus		
	12 – 12:45 pm Nidra Plus		
		6 - 7 pm Zumba	

	Purple Studio	Blue Studio	Red Studio
W E D N E S D A Y	6 - 7 am Yoga Foundation		
	10 – 11:15 am <i>Mindful Flow</i>		
	11:30 am – 12 pm Science & Art of Breathing		
			12 – 1 pm Shanti Rasa Flow
		5 – 6 pm Zumba	
	7:30 – 8:15 pm Yoga Fundamentals		7:15 – 8:15 pm Shanti Rasa Flow

T H U R S D A Y	Purple Studio	Blue Studio	Red Studio
	6 – 7 am Vira Rasa Flow		
	10 – 11:15 am Yoga Foundation		
	12 – 1 pm Yoga Rhythms (Drums)		
	5 – 6 pm Foundation + Focus	5 – 6 pm Rasa Kid's Yoga*	
	6 – 7 pm Nidra Plus	6 – 7:15 pm Vira Rasa Flow	
	7 – 8 pm Mindful Flow		7 – 8 pm Deep by Buti

F R I D A Y	Purple Studio	Blue Studio	Red Studio
	6 - 7 am Yoga Foundation		
	10 – 11 am Mindful Flow		
	11:15 - 12 pm Nidra Plus		

S A T U R D A Y	Purple Studio	Blue Studio	Red Studio
		8 – 9 am Tai Chi	
	9 – 10:30 am Yoga Foundation	9 – 10:30 am Rasa Kid's Yoga*	9 – 10:30 am Vira Rasa Flow

S U N D A Y	Purple Studio	Blue Studio	Red Studio
	10 – 11:30 am Yoga Stability		
	5 – 6 pm Jai Yoga	5 – 6 pm Pre-Natal Yoga	

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*** Additional Registration**



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Schedule Last Updated: 08.23.18