

# New Class Schedule as of 9-1-11

Monday	Tuesday	Wednesday	Thursday
*6am (S2)	*6am (S2)	*6am (S2)	*6am (S2)
8:30am (S1)	8:30am (S2)	8:30am (S2)	8:30am (S3)
*12pm (Core)	*12pm (S2)	*12pm (S2)	*12pm (S1)
5pm (S2)	5pm (S1)	5pm (S3)	5pm (S2)
6:45pm (S1)	6:45pm (S2)	6:45pm (Core)	6:45pm (S3)
*8:30pm (Boot Camp)	*8:30pm (Yin)	*8:30pm (S2)	*8:30pm (Boot Camp)
	Friday	Saturday	Sunday
<b>Classes in Red are heated</b> <b>Classes with (*) are 60 minutes</b> <b>All other classes are 90 minutes</b>	8:30am (Core)	7am-8:30am (S2)	8:30am (S1)
	*12pm (Yin)	*9am (YogaTRiX)	*10:30am (S2)
	5pm (Yin)	*10:30am (Power)	*11:45am (Yin)
	6:45pm (S1)		

Level 1-2:

Beginner: Everyone is welcome to participate in this slower paced more detailed format.

Level 2-3:

Advanced. Recommended for students who have at least 6 months of a consistent yoga practice. Expect inversions and a faster pace.

Sol 1: (S1):	Hot Yoga sequence executed in a non traditional format. Room is a minimum of 100 degrees. Prepare to sweat!
Sol 2: (S2):	A combination of classical yoga postures in a flowing format geared towards shoulders, core & upper body strengthening.
Sol 3 (S3):	A combination of both S1 & S2 classes in a heated setting. This is a Level 2-3 class!
Core: (C):	Specific Mat Pilates and Yoga designed to strengthen the core
Yin: (Y):	Geared towards stretching connective tissue & promoting relaxation using props.
Power Yoga (P)	A challenging Vinyasa format with a high emphasis on core strengthening
Yoga TRiX (YT)	Yoga and TRX suspension system combined. Classes are an additional fee.
Boot Camp: (BC):	Yoga and CrossFit Training Lead By Tara Clay & Nicole Sisneros. Classes are an additional fee.
Teacher Training: (TT):	This class is taught by students enrolled in our teacher certification program along with the guidance of one of our head instructors. Classes will vary from S1, S2, to S3.