



SUNDAY

1 SEP

**-PRIVATE-
HATHA STRETCH
KELLY
8:00AM - 9:00AM**

**ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00PM**

**-PRIVATE-
DETOX FLOW
KELLY
9:05AM - 10:05AM**

**VINYASA FLOW
JANA
10:30AM - 11:30AM**

**ADVANCE YOGA
MASTER HRITESH
11:00AM - 12:00PM**

**DETOX TWIST
JILL C
11:45AM - 12:45PM**

**CORE YOGA
MASTER HRITESH
12:00PM - 1:00PM**

**FLEXIBILITY &
STRENGTH
JILL C
1:00PM - 2:00PM**

**HIP OPENING
MASTER HRITESH
1:05PM - 2:05PM**

**CORE YOGA
MASTER HRITESH
5:00PM - 6:00PM**

**VINYASA FLOW
MASTER HRITESH
6:15PM - 7:15PM**

MONDAY

2 SEP

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00AM

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

MORNING STRETCH
RAI
9:00AM - 10:00AM

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

VINYASA FLOW
JANA
10:00AM - 11:00AM

-PRIVATE-
HATHA STRETCH
KELLY
8:00AM - 9:00AM

GENTLE FLOW
GY
10:00AM - 11:00AM

YOGA STRETCH
JILL C
9:00AM - 10:00AM

SUN SALUTATION
MASTER HRITESH
9:00AM - 10:00AM

HATHA INTERMEDIATE
MASTER SHRI
10:00AM - 11:00AM

YOGA STRETCH
JANA
11:15AM - 12:15PM

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00PM

MORNING FLOW
MASTER SHRI
10:00AM - 11:00AM

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

DETOX TWIST
RAI
10:15AM - 11:15AM

DEEP STRETCH
MASTER SHRI
11:05AM - 12:05PM

NECK & SHOULDER
RELEASE
T SAVITA
11:00AM - 12:00PM

-PRIVATE-
DETOX FLOW
KELLY
9:05AM - 10:05AM

DETOX VINYASA
MASTER SHRI
11:05AM - 12:05PM

FLEXIBILITY FLOW
MASTER SHRI
11:05AM - 12:05PM

VINYASA FLOW
MASTER HRITESH
10:15AM - 11:15AM

DETOX VINYASA
T SAVITA
12:05PM - 1:05PM

VINYASA FLOW
JANA
10:30AM - 11:30AM

CORE YOGA
MASTER HRITESH
2:45PM - 3:45PM

YOGA STRETCH
GY
11:15AM - 12:15PM

YOGA STRETCH
MASTER HRITESH
11:30AM - 12:30PM

ASHTANGA VINYASA
MASTER HRITESH
12:45PM - 1:45PM

ADVANCE YOGA
MASTER HRITESH
11:00AM - 12:00PM

YOGA STRETCH
MASTER HRITESH
4:00PM - 5:00PM

-PRIVATE-
VINYASA FLOW
MANDY
6:30PM - 7:30PM

BALANCE & CORE
MASTER HRITESH
4:30PM - 5:30PM

DETOX TWIST
JILL C
11:45AM - 12:45PM

YIN YOGA
EELEEN T
6:00PM - 7:00PM

HIP OPENING
MASTER HRITESH
4:30PM - 5:30PM

YOGA THERAPEUTICS
BACK PAIN &
STRENGTHEN
MASTER SHRI
7:00PM - 8:00PM

VINYASA
INTERMEDIATE
MASTER HRITESH
5:45PM - 6:45PM

CORE YOGA
MASTER HRITESH
12:00PM - 1:00PM

-PRIVATE-
BODY OPENING
KELLY
6:40PM - 7:40PM

HATHA INTERMEDIATE
MASTER HRITESH
5:45PM - 6:45PM

-PRIVATE-
HATHA FLOW
MANDY
7:45PM - 8:45PM

-PRIVATE-
HATHA YOGA
KELLY
6:40PM - 7:40PM

CHEST & SHOULDER
OPENING
MASTER HRITESH
7:00PM - 8:00PM

FLEXIBILITY &
STRENGTH
JILL C
1:00PM - 2:00PM

-PRIVATE-
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

CORE YOGA
MASTER HRITESH
7:00PM - 8:00PM

YIN YANG YOGA
MASTER SHRI
8:05PM - 9:05PM

-PRIVATE-
FLEXIBILITY & CORE
KELLY
7:45PM - 8:45PM

HIP & PELVIC OPENING
MASTER HRITESH
8:05PM - 9:05PM

HIP OPENING
MASTER HRITESH
1:05PM - 2:05PM

CORE YOGA
MASTER HRITESH
5:00PM - 6:00PM

VINYASA FLOW
MASTER HRITESH
6:15PM - 7:15PM

TUESDAY

3 SEP

WEDNESDAY

4 SEP

THURSDAY

5 SEP

FRIDAY

6 SEP

SATURDAY

7 SEP

SUNDAY

8 SEP

MONDAY

9 SEP

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00AM

CORE YOGA
DAISY N
10:00AM - 11:00AM

HIP & SHOULDER
OPENING
DAISY N
11:15AM - 12:15PM

YIN YANG YOGA
DAISY N
11:15AM - 12:15PM

CORE YOGA
MASTER HRITESH
2:45PM - 3:45PM

YOGA STRETCH
MASTER HRITESH
4:00PM - 5:00PM

YIN YOGA
EELEEN T
6:00PM - 7:00PM

-PRIVATE-
BODY OPENING
KELLY
6:40PM - 7:40PM

-PRIVATE-
DETOX & CORE
STRENGTHENING
KELLY
7:45PM - 8:45PM

TUESDAY

10 SEP

HATHA BEGINNER
SARAH S
7:45AM - 8:45AM

YOGA STRETCH
JILL C
9:00AM - 10:00AM

GENTLE FLOW
GY
10:00AM - 11:00AM

MORNING FLOW
MASTER SHRI
10:00AM - 11:00AM

DETOX VINYASA
MASTER SHRI
11:05AM - 12:05PM

YOGA STRETCH
GY
11:15AM - 12:15PM

HIP OPENING
MASTER HRITESH
4:30PM - 5:30PM

HATHA INTERMEDIATE
MASTER HRITESH
5:45PM - 6:45PM

CORE YOGA
MASTER HRITESH
7:00PM - 8:00PM

BACKBEND YOGA
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

11 SEP

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

FLEXIBILITY FLOW
MASTER SHRI
11:05AM - 12:05PM

-PRIVATE-
VINYASA FLOW
MANDY
6:30PM - 7:30PM

YOGA THERAPEUTICS
BACK PAIN &
STRENGTHEN
MASTER SHRI
7:00PM - 8:00PM

-PRIVATE-
HATHA FLOW
MANDY
7:45PM - 8:45PM

YIN YANG YOGA
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

12 SEP

MORNING STRETCH
RAI
9:00AM - 10:00AM

SUN SALUTATION
MASTER HRITESH
9:00AM - 10:00AM

DETOX TWIST
RAI
10:15AM - 11:15AM

VINYASA FLOW
MASTER HRITESH
10:15AM - 11:15AM

YOGA STRETCH
MASTER HRITESH
11:30AM - 12:30PM

ASHTANGA VINYASA
MASTER HRITESH
12:45PM - 1:45PM

BALANCE & CORE
MASTER HRITESH
4:30PM - 5:30PM

NECK & SHOULDER
RELEASE
KATHY W
5:30PM - 6:30PM

VINYASA
INTERMEDIATE
MASTER HRITESH
5:45PM - 6:45PM

-PRIVATE-
HATHA YOGA
KELLY
6:40PM - 7:40PM

-PRIVATE-
FLEXIBILITY & CORE
KELLY
7:45PM - 8:45PM

FRIDAY

13 SEP

HATHA INTERMEDIATE
MASTER SHRI
10:00AM - 11:00AM

DEEP STRETCH
MASTER SHRI
11:05AM - 12:05PM

ALIGN YOGA
KATHY W
5:15PM - 6:15PM

NECK & SHOULDER
RELEASE
KATHY W
6:30PM - 7:30PM

CHEST & SHOULDER
OPENING
MASTER HRITESH
7:00PM - 8:00PM

YIN YOGA
KATHY W
7:45PM - 8:45PM

HIP & PELVIC OPENING
MASTER HRITESH
8:05PM - 9:05PM

SATURDAY

14 SEP

HATHA INTERMEDIATE
PHOEBE
9:00AM - 10:00AM

YIN YOGA
PHOEBE
10:30AM - 11:30AM

NECK & SHOULDER
RELEASE
T SAVITA
11:00AM - 12:00PM

DETOX VINYASA
T SAVITA
12:05PM - 1:05PM

SUNDAY

15 SEP

-PRIVATE-
HATHA STRETCH
KELLY
8:00AM - 9:00AM

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00PM

-PRIVATE-
DETOX FLOW
KELLY
9:05AM - 10:05AM

VINYASA FLOW
JANA
10:30AM - 11:30AM

ADVANCE YOGA
MASTER HRITESH
11:00AM - 12:00PM

DETOX TWIST
JILL C
11:45AM - 12:45PM

CORE YOGA
MASTER HRITESH
12:00PM - 1:00PM

FLEXIBILITY &
STRENGTH
JILL C
1:00PM - 2:00PM

HIP OPENING
MASTER HRITESH
1:05PM - 2:05PM

CORE YOGA
MASTER HRITESH
5:00PM - 6:00PM

VINYASA FLOW
MASTER HRITESH
6:15PM - 7:15PM

MONDAY

16 SEP

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00AM

CORE YOGA
DAISY N
10:00AM - 11:00AM

**HIP & SHOULDER
OPENING**
DAISY N
11:15AM - 12:15PM

YIN YANG YOGA
DAISY N
11:15AM - 12:15PM

CORE YOGA
MASTER HRITESH
2:45PM - 3:45PM

YOGA STRETCH
MASTER HRITESH
4:00PM - 5:00PM

YIN YOGA
EELEEN T
6:00PM - 7:00PM

**-PRIVATE-
BODY OPENING**
KELLY
6:40PM - 7:40PM

**-PRIVATE-
DETOX & CORE
STRENGTHENING**
KELLY
7:45PM - 8:45PM

TUESDAY

17 SEP

HATHA BEGINNER
SARAH S
7:45AM - 8:45AM

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

YOGA STRETCH
JILL C
9:00AM - 10:00AM

GENTLE FLOW
GY
10:00AM - 11:00AM

MORNING FLOW
MASTER SHRI
10:00AM - 11:00AM

DETOX VINYASA
MASTER SHRI
11:05AM - 12:05PM

YOGA STRETCH
GY
11:15AM - 12:15PM

HIP OPENING
MASTER HRITESH
4:30PM - 5:30PM

HATHA INTERMEDIATE
MASTER HRITESH
5:45PM - 6:45PM

CORE YOGA
MASTER HRITESH
7:00PM - 8:00PM

BACKBEND YOGA
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

18 SEP

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

**CHEST & SHOULDER
OPENING**
BHAVANA G
9:00AM - 10:00AM

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

FLEXIBILITY FLOW
MASTER SHRI
11:05AM - 12:05PM

**-PRIVATE-
VINYASA FLOW**
MANDY
6:30PM - 7:30PM

**YOGA THERAPEUTICS
BACK PAIN &
STRENGTHEN**
MASTER SHRI
7:00PM - 8:00PM

**-PRIVATE-
HATHA FLOW**
MANDY
7:45PM - 8:45PM

YIN YANG YOGA
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

19 SEP

MORNING STRETCH
RAI
9:00AM - 10:00AM

SUN SALUTATION
MASTER HRITESH
9:00AM - 10:00AM

DETOX TWIST
RAI
10:15AM - 11:15AM

VINYASA FLOW
MASTER HRITESH
10:15AM - 11:15AM

YOGA STRETCH
MASTER HRITESH
11:30AM - 12:30PM

ASHTANGA VINYASA
MASTER HRITESH
12:45PM - 1:45PM

BALANCE & CORE
MASTER HRITESH
4:30PM - 5:30PM

**NECK & SHOULDER
RELEASE**
KATHY W
5:30PM - 6:30PM

**VINYASA
INTERMEDIATE**
MASTER HRITESH
5:45PM - 6:45PM

**-PRIVATE-
HATHA YOGA**
KELLY
6:40PM - 7:40PM

**-PRIVATE-
FLEXIBILITY & CORE**
KELLY
7:45PM - 8:45PM

FRIDAY

20 SEP

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

GENTLE FLOW
BHAVANA G
9:00AM - 10:00AM

HATHA INTERMEDIATE
MASTER SHRI
10:00AM - 11:00AM

DEEP STRETCH
MASTER SHRI
11:05AM - 12:05PM

**CHEST & SHOULDER
OPENING**
MASTER HRITESH
7:00PM - 8:00PM

HIP & PELVIC OPENING
MASTER HRITESH
8:05PM - 9:05PM

SATURDAY

21 SEP

HATHA INTERMEDIATE
PHOEBE
9:00AM - 10:00AM

YIN YOGA
PHOEBE
10:30AM - 11:30AM

**NECK & SHOULDER
RELEASE**
T SAVITA
11:00AM - 12:00PM

DETOX VINYASA
T SAVITA
12:05PM - 1:05PM

SUNDAY

22 SEP

**-PRIVATE-
HATHA STRETCH**
KELLY
8:00AM - 9:00AM

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00PM

**-PRIVATE-
DETOX FLOW**
KELLY
9:05AM - 10:05AM

VINYASA FLOW
JANA
10:30AM - 11:30AM

ADVANCE YOGA
MASTER HRITESH
11:00AM - 12:00PM

DETOX TWIST
JILL C
11:45AM - 12:45PM

CORE YOGA
MASTER HRITESH
12:00PM - 1:00PM

**FLEXIBILITY &
STRENGTH**
JILL C
1:00PM - 2:00PM

HIP OPENING
MASTER HRITESH
1:05PM - 2:05PM

CORE YOGA
MASTER HRITESH
5:00PM - 6:00PM

VINYASA FLOW
MASTER HRITESH
6:15PM - 7:15PM

MONDAY

23 SEP

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00AM

CORE YOGA
DAISY N
10:00AM - 11:00AM

**HIP & SHOULDER
OPENING**
DAISY N
11:15AM - 12:15PM

YIN YANG YOGA
DAISY N
11:15AM - 12:15PM

CORE YOGA
MASTER HRITESH
2:45PM - 3:45PM

YOGA STRETCH
MASTER HRITESH
4:00PM - 5:00PM

YIN YOGA
EELEEN T
6:00PM - 7:00PM

**-PRIVATE-
BODY OPENING**
KELLY
6:40PM - 7:40PM

**-PRIVATE-
DETOX & CORE
STRENGTHENING**
KELLY
7:45PM - 8:45PM

TUESDAY

24 SEP

YOGA STRETCH
JILL C
9:00AM - 10:00AM

GENTLE FLOW
GY
10:00AM - 11:00AM

MORNING FLOW
MASTER SHRI
10:00AM - 11:00AM

DETOX VINYASA
MASTER SHRI
11:05AM - 12:05PM

YOGA STRETCH
GY
11:15AM - 12:15PM

HIP OPENING
MASTER HRITESH
4:30PM - 5:30PM

HATHA INTERMEDIATE
MASTER HRITESH
5:45PM - 6:45PM

CORE YOGA
MASTER HRITESH
7:00PM - 8:00PM

BACKBEND YOGA
MASTER SHRI
8:05PM - 9:05PM

WEDNESDAY

25 SEP

**CHEST & SHOULDER
OPENING**
BHAVANA G
9:00AM - 10:00AM

CORE YOGA
MASTER SHRI
10:00AM - 11:00AM

FLEXIBILITY FLOW
MASTER SHRI
11:05AM - 12:05PM

ALIGN YOGA
KATHY W
5:15PM - 6:15PM

**NECK & SHOULDER
RELEASE**
KATHY W
6:30PM - 7:30PM

**YOGA THERAPEUTICS
BACK PAIN &
STRENGTHEN**
MASTER SHRI
7:00PM - 8:00PM

YIN YOGA
KATHY W
7:45PM - 8:45PM

YIN YANG YOGA
MASTER SHRI
8:05PM - 9:05PM

THURSDAY

26 SEP

MORNING STRETCH
RAI
9:00AM - 10:00AM

SUN SALUTATION
MASTER HRITESH
9:00AM - 10:00AM

DETOX TWIST
RAI
10:15AM - 11:15AM

VINYASA FLOW
MASTER HRITESH
10:15AM - 11:15AM

YOGA STRETCH
MASTER HRITESH
11:30AM - 12:30PM

ASHTANGA VINYASA
MASTER HRITESH
12:45PM - 1:45PM

BALANCE & CORE
MASTER HRITESH
4:30PM - 5:30PM

**NECK & SHOULDER
RELEASE**
KATHY W
5:30PM - 6:30PM

**VINYASA
INTERMEDIATE**
MASTER HRITESH
5:45PM - 6:45PM

**-PRIVATE-
HATHA YOGA**
KELLY
6:40PM - 7:40PM

**-PRIVATE-
FLEXIBILITY & CORE**
KELLY
7:45PM - 8:45PM

FRIDAY

27 SEP

GENTLE FLOW
BHAVANA G
9:00AM - 10:00AM

HATHA INTERMEDIATE
MASTER SHRI
10:00AM - 11:00AM

DEEP STRETCH
MASTER SHRI
11:05AM - 12:05PM

ALIGN YOGA
KATHY W
5:15PM - 6:15PM

**NECK & SHOULDER
RELEASE**
KATHY W
6:30PM - 7:30PM

**CHEST & SHOULDER
OPENING**
MASTER HRITESH
7:00PM - 8:00PM

YIN YOGA
KATHY W
7:45PM - 8:45PM

HIP & PELVIC OPENING
MASTER HRITESH
8:05PM - 9:05PM

SATURDAY

28 SEP

MORNING STRETCH
LILLY J
9:00AM - 10:00AM

HATHA INTERMEDIATE
PHOEBE
9:00AM - 10:00AM

YIN YOGA
PHOEBE
10:30AM - 11:30AM

**NECK & SHOULDER
RELEASE**
T SAVITA
11:00AM - 12:00PM

**YIN YOGA FOR
HIP OPENING**
EELEEN T
12:00PM - 1:00PM

DETOX VINYASA
T SAVITA
12:05PM - 1:05PM

YIN YOGA
EELEEN T
1:15PM - 2:15PM

SUNDAY

29 SEP

**-PRIVATE-
HATHA STRETCH**
KELLY
8:00AM - 9:00AM

ADVANCE YOGA
MASTER HRITESH
9:00AM - 10:00PM

**-PRIVATE-
DETOX FLOW**
KELLY
9:05AM - 10:05AM

VINYASA FLOW
JANA
10:30AM - 11:30AM

ADVANCE YOGA
MASTER HRITESH
11:00AM - 12:00PM

DETOX TWIST
JILL C
11:45AM - 12:45PM

CORE YOGA
MASTER HRITESH
12:00PM - 1:00PM

**FLEXIBILITY &
STRENGTH**
JILL C
1:00PM - 2:00PM

HIP OPENING
MASTER HRITESH
1:05PM - 2:05PM

**YIN YOGA FOR
HIP OPENING**
EELEEN T
2:15PM - 3:15PM

YIN YOGA
EELEEN T
3:30PM - 4:30PM

CORE YOGA
MASTER HRITESH
5:00PM - 6:00PM

VINYASA FLOW
MASTER HRITESH
6:15PM - 7:15PM

MONDAY

30 SEP

MORNING STRETCH

LILLY J
9:00AM - 10:00AM

ADVANCE YOGA

MASTER HRITESH
9:00AM - 10:00AM

CORE YOGA

DAISY N
10:00AM - 11:00AM

HIP & SHOULDER

OPENING
DAISY N

11:15AM - 12:15PM

YIN YANG YOGA

DAISY N
11:15AM - 12:15PM

CORE YOGA

MASTER HRITESH
2:45PM - 3:45PM

YOGA STRETCH

MASTER HRITESH
4:00PM - 5:00PM

-PRIVATE-

BODY OPENING
KELLY

6:40PM - 7:40PM

-PRIVATE-

DETOX & CORE
STRENGTHENING
KELLY

7:45PM - 8:45PM

