



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	7-8:30 Ashtanga Guided Primary Victoria	6 - 8 Ashtanga Mysore Trisha	7 - 8:30 Ashtanga Guided Primary Victoria	6 - 8 Ashtanga Mysore Victoria	8 - 9 YogaLife Lite Melissa	7 - 8:30 Full Guided Primary Series Victoria	
Morning	9:15 - 11:15 Ashtanga Mysore Trisha	9 - 10 Yoga Life Ropes Explore Sherie	9 - 10 Yoga Life Lite Melissa	9:15 - 10:45 Ashtanga Guided Primary Trisha	9:30 - 11:00 Ashtanga Guided Primary Trisha	9:00 - 10:15 YogaLife Peak Trisha	
Late Morning		10:15 - 11:15 Yoga Life Ropes Align & Strength Trisha	10:15 - 11:15 Yoga Life Ropes Explore Trisha	11 - 12 YogaLife Heated Peak Flow Trisha	12-12:30 pm Meditation Group Trisha		11-11:45 Give Back - Meditation & Sound, Olga
Early Evening		5 - 6 Ashtanga 101 Victoria		5 - 6 YogaLife Heated Flow Jenn	5-6 Yoga Life 101 Kit		4 - 5 Yoga Life Ropes Flight Trisha
Evening	6 - 7 Yoga Life Lite Melissa	6:15 - 7:15 Yoga Life Ropes Explore Victoria	6-7 YogaLife Heated Peak Flow Trisha	6:15 - 7:15 Yoga Life Ropes Align & Strengthen Trisha	<div style="background-color: #00aaff; color: white; padding: 10px; text-align: center;"> <p>Check our Events Page for Friday Night and Weekend Workshops!</p> </div>		
Late Evening			7:15-8:30 Yoga Life Gong Warren				

Traditional Yoga, Meditation and Rituals Designed to Help You Achieve a Balanced Life
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