

## **One Yoga Schedule**

Effective Sunday, January 15<sup>th</sup> – Thursday, February 23<sup>rd</sup>

### *Sunday January 15 \*Karma Day\**

9:15-10:30 Community Class

11:00-12:30 All Levels

4:00-6:00 40 DAYS \*For 40 Day Participants Only

6:30-8:00 Renew and Restore

### *Monday January 16*

7:00-8:00 40 Day class

9:15-10:30 All Levels

12:00-12:45 All Levels

4:00-5:00 Hour Of Power

5:30-7:00 All Levels

7:30-9:00 Beginner

9:30-10:30 Core Power

### *Tuesday January 17*

7:00-8:00 40 Day class

4:00-5:00 Hour of Power

5:30-7:00 All Levels

7:30-9:00 All Levels

### *Wednesday January 18*

7:00-8:00 40 Day class

9:15-10:30 Ashtanga

12:00-12:45 All Levels

4:00-5:00 Hour Of Power

5:30-7:00 Beginner

7:30-9:00 All Levels

9:30-10:30 Core Power

### *Thursday January 19*

7:00-8:00 40 Day class

4:00-5:00 Hour of Power

5:30-7:00 All Levels

7:30-9:00 All Levels

9:30-10:30 Core Power

### *Friday January 20*

7:00-8:00 40 Day class

9:15-10:30 All Levels

4:00-5:00 Hour Of Power

5:30-7:00 All Levels  
7:30-9:00 All Levels

*Saturday January 21*

7:00-8:00 40 Day class  
9:15-10:30 Gentle Flow  
11:00-12:30 All Levels  
7:00-8:30 Music Flow