

Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM						9:45-10:45AM Group Private - Handstand Katherine Lee	
10:00AM		10:15-11:15PM Studio Rental	10:00-11:00AM Vinyasa - Level 1 Katherine Lee	10:00-11:00PM Studio Rental	10:00-11:00PM Private Class		
10:30AM							
11:00AM		11:15-12:15PM Studio Rental	11:15-12:15PM Private Class	11:00-12:00PM Studio Rental	11:15-12:15PM Private Class	11:00-12:00PM Private Class	
11:30AM							
12:00PM							12:00-1:00PM Hatha - Level 2 Yonex Ho
12:30PM	12:30-1:30PM Aroma Stretch Jennifer Man	12:30-1:30PM Yoga Wheel Jennifer Man	12:30-1:30PM Aerial Conditioning Katherine Lee	12:30-1:30PM Vinyasa - Level 1 Katherine Lee	12:30-1:30PM Hatha - Open Level Katherine Lee		
1:00PM							1:15-2:15PM Hip & Shoulder Stretch Yonex Ho
1:30PM						1:30-2:30PM Private Class	
2:00PM							
2:30PM							
3:00PM						2:45-4:00PM Vinyasa - Level 2 Katherine Lee	
3:30PM							
4:00PM							
4:30PM		4:15-5:15PM Studio Rental		4:30-5:30PM Studio Rental		4:30-5:30PM Private Class	
5:00PM							
5:30PM		5:15-6:15PM Studio Rental					
6:00PM							
6:30PM	6:30-7:30PM Detox & Restore Angela Chung	6:30-7:30PM Hatha - Level 1 Katherine Lee	6:30-7:30PM Hatha - Level 2 Katherine Lee	6:30-7:30PM Aerial Stretch & Singing Bowl Meditation Katherine Lee	6:30-7:30PM Stretch & Flow Yonex Ho		
7:00PM							
7:30PM							
8:00PM	7:45-8:45PM Core & Arm Flow Angela Chung	7:45-8:45PM Vinyasa - Level 1 Katherine Lee	7:45-8:45PM Group Private - Handstand Katherine Lee	7:45-9:00PM Vinyasa - Level 2 Katherine Lee	7:45-8:45PM Backbend & Inversion Yonex Ho		
8:30PM							
9:00PM							



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