

All That Matters Week-at-a-Glance

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|
| 9:00 am - 10:30 am Heated Vinyasa Flow | 8:30 am - 9:30 am Heated Baptiste Power Hour | 7:45 am - 9:00 am Open Yoga * | 8:30 am - 9:30 am Pilates Mat * | 8:15 am - 9:15 am Yoga Pilates * | 8:00 am - 9:30 am Basic * |
| 9:30 am - 11:00 am Basic * | 9:30 am - 11:15 am Basic * | 8:00 am - 9:15 am Yoga on the Beach July & Aug Only | 9:15 am - 10:45 am Heated Vinyasa Flow | 9:30 am - 11:00 am Vinyasa | 8:30 am - 9:45 am Vinyasa |
| 11:15 am - 12:45 pm Svaroopaa * | 9:30 am - 11:00 am Vinyasa | 9:15 am - 10:45 am Vinyasa | 9:30 am - 11:00 am Open Yoga * | 9:30 am - 11:00 am Kundalini * | 8:45 am - 10:00 am Yoga on the Beach July & August only |
| 4:45 pm - 5:45 pm Yoga Pilates * | 11:30 am - 1:00 pm Yoga 50 + * | 9:30 am - 11:00 am Kundalini * | 11:15 am - 12:45 pm Yoga 50 + * | 9:30 am - 11:00 am Basic * | 9:45 am - 11:15 am Open Yoga * |
| 5:45 pm - 7:15 pm Heated Vinyasa Flow | 4:00 pm - 5:30 pm Basic Yoga with Weights * | 9:30 am - 11:00 am Svaroopaa * | 4:00 pm - 5:00 pm Core Vinyasa | 11:30 am - 1:00 pm Tai Chi for Health * | |
| 5:45 pm - 7:15 pm Open Yoga * | 4:30 pm - 5:30 pm Pilates Mat * | 11:30 am - 1:00 pm Tai Chi for Health * | 4:00 pm - 5:00 pm Youth Yoga ages 8-11 | 4:00 pm - 5:30 pm Heated Baptiste Power Yoga | Sunday |
| 6:00 pm - 7:30 pm Restorative Yoga Flow * | 5:15 pm - 6:45 pm Svaroopaa * | 12:00 am - 1:00 pm Open Yoga * | May only (returns in Sept) | 4:15 pm - 5:30 pm Basic * | 8:30 am - 10:00 am Open Yoga * |
| 7:30 pm - 9:00 pm Basic * | 5:45 pm - 7:15 pm Basic * | 4:00 pm - 5:00 pm Youth Yoga ages 5-7 | 5:30 pm - 7:00 pm Basic * | 5:45 pm - 7:00 pm Open Yoga * | 8:30 am - 10:00 am Heated Vinyasa Flow |
| | 5:45 pm - 7:15 pm Vinyasa | May only (returns in Sept) | 5:30 pm - 7:00 pm Semi-Private Yoga Advanced | 6:00 pm - 7:00 pm Power Hour Yoga | 8:45 am - 10:00 am Yoga on the Beach July & August only |
| | 5:45 pm - 6:45 pm Pilates Mat * | 4:15 pm - 5:30 pm Prenatal Yoga * | 5:45 pm - 7:15 pm Vinyasa | | 10:15 am - 11:30 am Prenatal Yoga * |
| | 7:00 pm - 8:30 pm Svaroopaa/Deeper | 5:45 pm - 7:15 pm Basic Vinyasa * | 7:15 pm - 8:45 pm Svaroopaa * | | 5:30 pm - 6:30 pm Mystery Yoga |
| | 7:30 pm - 8:45 pm Yoga Workout | 5:45 pm - 7:15 pm Open Yoga * | 7:15 pm - 8:30 pm Semi-Private Yoga Basic * | | |
| | | 6:00 pm - 7:30 pm | | | |

6:00 pm - 7:30 pm

**Heated Vinyasa
Flow**

7:30 pm - 9:00 pm

Open Yoga *

7:30 pm - 9:00 pm

Kundalini *

* Beginners Welcome

Students are welcome to drop in to any of these classes. Schedule is subject to change.

Summer Yoga Schedule (May - September 2010). Classes run everyday except December 25 and November 26 and May 25 and April 12 and September 7. Classes run in 2 month series beginning May and July.