

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 – 7:00am TIGER'S EYE	6:15 – 7:00am BLACK OPAL	6:15 – 7:00am DIAMOND	6:15 – 7:00am KRYSTALLOS	6:15 – 7:00am MMA YOGA	7:45 – 8:30am BLOODSTONE (YOGA ROOM)	8:45 – 9:30am TOPAZ
10:00 - 10:45am BLACK OPAL		10:00 - 10:45AM KRYSTALLOS			8:00 – 9:00am SPARTA (CIRCUIT ROOM)	10:00 – 10:45am WARRIOR
12:00 – 12:45pm BLOODSTONE	12:00 – 12:45pm KRYSTALLOS	12:00 – 12:45pm BLACK OPAL	12:00 – 12:45pm TIGER'S EYE	12:00 – 12:45pm TOPAZ	9:00 – 9:45am TOPAZ (YOGA ROOM)	
		4:30-5:15pm BLOODSTONE				4:30 – 5:15pm MYSTERY STONE
5:45 – 6:30pm TIGER'S EYE	5:45 – 6:30pm TOPAZ	5:45 – 6:30pm KRYSTALLOS	5:45 – 6:30pm DIAMOND (YOGA ROOM)	5:45 – 6:30pm BLACK OPAL		5:45-6:30pm DIAMOND
7:00 – 7:45pm TOPAZ	7:00 – 7:45pm MMA YOGA	7:00 – 7:45pm TIGER'S EYE	6:00 – 7:15pm SPARTA (CIRCUIT ROOM)			
			7:00 – 7:45pm BLOODSTONE			

* Running shoes are recommended for this class.

TOPAZ
 Fundamental hot yoga series. Improve balance, strengthen, and increase flexibility. Recommended for beginners.

KRYSTALLOS
 Core strengthening series. Hot Pilates.

BLOODSTONE
 A challenging flow/vinyasa class, great strengthening and endurance workout. Practiced to music.

DIAMOND
 Slow, deep stretch flow with limited instruction, practiced to music in a (LED) candlelit room.

BLACK OPAL
 A challenging & upbeat flow/ vinyasa class, practiced to fun music with advanced poses.

TIGER'S EYE
 Get the best of both worlds. Half circuit training and half hot yoga flow sequence.

WARRIOR
 High intensity circuit training regimen. Challenging workout.

SPARTA
 Olympic lifts, body weight exercises, plyometrics, and endurance challenges. Pre-registration and membership is required.

MMA YOGA
 High intensity yoga with weights, incorporating techniques from mixed martial arts training.