



**mynulifstudio**  
 nutrition.lifestyle.fitness

Schedule it and make it happen! No excuses! What's more important than your health?!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Vinyasa Flow (60) Anj	TRX Sweat (50) Deanna	Heated Yoga Flow (60) Anj	TRX Sweat (50) Deanna	Power Flow (60) Anj			
						TRX Sweat (50) Alicia	Vinyasa - All Levels (75) 8:00a Anj	8:00 AM
9:15 AM	TRX Strength (50) Deanna	Yoga Flow (60) Katherine	TRX Sweat (50) Deanna	Vinyasa Level 1/2 (60) Ariana	TRX Bootcamp (50) Cleveland	Heated Vinyasa (75) 9:00a Peach	TRX Sweat (50) 9:30a Anj	9/9:30 AM
						TRX Strength I/II (50) 10:30a Carter		10:30 AM
11:00 AM			Yoga Basics (60) 11:00a Stephanie			Yoga Basics (60) 11:30a Stephanie		11:30 AM
12:00 PM	Power Flow (60) Sarah	TRX Sweat (50) Deanna		TRX Strength (50) Deanna	Vinyasa (60) Sarah			
5:30 PM	Yoga Flow (60) Anj	TRX Bootcamp (50) Deanna	Power Flow (60) Evelynn	TRX Sweat (50) Anj			TRX Bootcamp (50) Cleveland	4:00 PM
6:30/6:45PM	TRX Strength (50) 6:45p Alicia	Vinyasa Flow (60) 6:30p Megan	TRX Sweat (50) 6:45p Alicia	Vinyasa Flow (60) 6:30p Megan				
7:45 PM		Yin Yoga (60) Megan		Yin Yoga Therapy (60) Megan				

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Bring a yoga mat, hand towel, and water to each class, or we have them available for rent or purchase.