



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	Sunrise Flow (60) Tal	TRX Sweat (50) Deanna	Power Flow (60) Anj	TRX Sweat (50) Deanna	Vinyasa Flow (60) Mia			
7:00 AM				Vinyasa Flow (60) Anj				8:00 AM
9:15 AM	TRX Strength (50) Deanna		TRX Sweat (50) Deanna		TRX Strength (50) Alicia	TRX Sweat (50) Anj	Vinyasa Flow (75) 8:00a Josie	9/9:30 AM
9:30 AM		Vinyasa Level 1/2 (60) Ariana		Vinyasa Level 1/2 (60) Ariana		Power Flow (75) 9:00a Ali	TRX Sweat (50) 9:30a Alicia	
11:00 AM			Yoga Basics (60) 11:00a Stephanie			TRX Strength (50) 10:30a Carter		10:30 AM
12:00 PM	Power Flow (60) Sarah	TRX HIIT (50) Deanna		TRX HIIT (50) Deanna	Vinyasa Flow (60) Sarah	Yoga Basics (60) 11:30a Stephanie		11:30 AM
					Power Flow (60) Anj			
5:30 PM	Power Flow (60) Anj	TRX Bootcamp (50) Deanna	Vinyasa Flow (60) Ali	TRX Sweat (50) Anj			TRX Strength (50) Alicia	5:00 PM
6:30/6:45PM	TRX Strength (50) 6:45p Alicia	Vinyasa Flow (60) 6:30p Sarah	TRX Sweat (50) 6:45p Alicia	Vinyasa Flow (60) 6:30p Tal			Yin Yoga Therapy Ali	6:00 PM
7:45 PM		Yin Yoga (60) Sarah	Yin Yoga Nidra (60) Renee					

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