

SPECTRA YOGA WEEKLY CLASS SCHEDULE

Note: Schedule subject to change, for most updated version, use website or Spectra App Date Modified: 1/5/18

FBF= FULL BODY FITNESS

2701 Harbor Blvd, Ste E-1 Costa Mesa, CA 92626 (714) 436-0576 www.spectrayoga.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	YOUR FREE WEEK* SCHEDULE
5:15-6:00am FBF		5:15-6:00am FBF		5:15-6:00am FBF	8:00-9:00am Yoga Lift	9:00-10:00 am Level 1	Monday
6:15-7:00am FBF	6:00-7:00 am Level 1.5	6:00-7:00am Yogalates	6:00-7:00am Level 1.5		9:15-10:00am FBF	9:15-10:15am Hot: Static	Tuesday
9:00-10:00am Level 1.5		6:15-7:00am FBF		6:15-7:00am FBF	9:30-10:30am Level 2	10:15-11:00am Gentle Yoga	Wednesday
9:15-10:00am FBF	9:00-10:00am Level 2	9:00-10:00am Level 1	9:00-10:00am Yoga Lift	9:00-10:00am Level 2	9:45-10:45am Karma Yoga	10:30-11:45am Level 2	Thursday
10:15-11:15am Intro to Aerial		9:15-10:00am FBF		9:15-10:00am FBF	10:30-11:30am Yin Yoga	11:30-12:30pm Intro to Aerial Yoga	Friday
10:30-11:30am Yin Yoga	10:30-11:30am Level 1	10:30-11:30am Yin Yoga	10:00-11:15am Yin Yoga	10:30-11:30am Level 1	11:00-12:00pm Hot: Static	12:00-1:00pm Yin Yoga	Saturday
11:00-12:15pm Level 2			10:30-11:30am Level 1	11:00-12:00pm Yin Yoga	11:00-12:00pm Kids Yoga		Sunday
12:00-1:00pm Level 1.5	12:00-1:00pm Yogalates	12:00-1:00pm Level 2	12:00-1:00pm Hot: Static	12:00-1:00pm Level 1.5	12:15-1:15pm Level 1		

*Limit to 7 consecutive days; excludes Aerial; for Orange County Residences only

AFTERNOON BREAK

4:00-5:00pm Yogalates	4:00-5:00pm Hot: Static	4:00-5:00pm Hot: Dynamic	4:00-5:00pm Hot: Static	4:00-5:00pm Level 2		4:30-5:30pm Yoga Nidra
4:00-5:00pm Kids Yoga	4:00-5:00 pm Teen Yoga	4:00-5:00pm Kids Yoga	4:30-5:30pm Level 1.5	4:30-5:30pm Hot: Dynamic		5:00-6:00pm Karma Yoga
4:30-5:30pm Level 1	4:30-5:30pm Yoga Lift	4:30-5:30pm Level 1.5	5:15-6:00pm FBF	4:45-5:45pm Aerial		5:45-6:45pm Candlelit Level 2
5:15-6:15pm Hot: Dynamic	5:15-6:00pm Aerial Meditation	5:15-6:15pm Yogalates	5:30-6:30pm Level 1	5:15-6:15pm Level 1		
5:30-6:45pm Pre-Natal	5:30-6:30pm Level 1.5	5:30-6:45pm Pre-Natal	5:45-6:45pm Hot Yoga 2	5:45-6:45pm Yoga Lift		
5:45-6:30pm FBF	6:00-7:15pm Level 2	5:45-6:30pm FBF	6:15-7:15pm Intro to Aerial	6:00-7:30pm Acro Yoga 1		
6:30-7:45pm Level 2	6:15-7:00pm FBF	6:30-7:30pm Level 2	6:45-7:45pm Yin Yoga	6:30-7:30pm Level 1.5		
6:45-7:45pm Aerial	7:00-8:00pm Yogalates	6:45-7:45pm Yin & Sound Healing	7:00-8:00pm Level 2	7:00-8:00pm Yin Yoga		
7:00-8:00pm Yoga Lift	7:15-8:15 pm Aerial Yoga	7:00-8:00pm Level 1	7:30-8:15pm Aerial Meditation			
8:00-9:30pm Acro Yoga 2	7:30-8:30pm Yin Yoga		8:15-9:15pm Hot: Static			
8:00-8:45pm Meditation	8:15-9:15pm Hot: Static					



SPECTRA YOGA
Reveal Your Radiance

PRICING MATRIX

YOGA CLASSES

Number of Class taken per week	\$18/drop in	10 Class Pack \$150	1 Month Unlimited \$130	Weekend Warrior Membership \$79/mo	Unlimited Membership \$99/mo
1x	\$18	\$15	\$32.50	\$19.75	\$24.75
2x	\$18/class=\$36	\$15/class=\$30	\$16.25	\$9.88	\$12.38
3x	\$18/class=\$54	\$15/class=\$45	\$10.83	N/A	\$8.25
4x	\$18/class=\$72	\$15/class=\$60	\$8.14	N/A	\$6.19