

Class Schedule

Monday

9:00-10:15am
Foundations-B

9:00-10:30am
Vinyasa*

10:30-11:30am
Yoga Wall

12:00-1:00pm
Hot 60**-B

4:30-5:30pm
Kids Yoga

4:30-5:30pm
Foundations-B

6:00-7:15pm
Multi Flow*

6:00-7:15pm
Gentle Restorative-B

6:00-7:15pm
Pre-natal-B

Tuesday

7:00-8:00am
Power Hour*

9:00-10:15am
Foundations-B

9:00-10:15am
Multi

10:30-11:45am
Gentle Flow

11:00am-12:15pm
Gentle **NEW CLASS**

12:00-1:00pm
Multi Flow

4:30-5:30pm
Yin

4:30-5:45pm
Hot Vinyasa**

6:00-7:15pm
Foundations-B

6:00-7:15pm
Vinyasa INT

7:30-8:30pm
Happy Hour-B
~half price Happy Hour

7:30-8:30pm
Hot 60**-B

Wednesday

9:30-11:00am
Vinyasa/INT

10:45-11:45am
Post-natal~6 weeks to crawling

12:00-1:00pm
Multi Flow

4:30-5:45pm
Warm Vinyasa*

4:30-5:45pm
Foundations-B

6:00-7:15pm
Multi (Anusara)

6:30-7:45pm
Restorative-B

Thursday

7:00-8:00am
Power Hour*

9:00-10:15am
Foundations-B

9:00-10:15am
Multi

11:00am-12:15pm
Gentle

12:00-1:00pm
Multi Flow

4:30-5:45pm
Vinyasa I/II

6:00-7:15pm
Foundations-B

6:00-7:15pm
Vinyasa INT

6:00-7:15pm
Pre-natal

7:30-8:30pm
Hot 60**-B

Friday

9:00-10:15am
Gentle -B

9:30-11:00am
Vinyasa

10:30-11:45am
Foundations-B

4:00-5:00pm**
Hot 60

5:30-6:30pm
Yin
~Half Price Happy Hour

Saturday

8:00-9:30am
Fluid Power

8:30-9:45am
Foundations-B

8:30-10:00am
Anusara Inspired

10:15-11:30am
Gentle/Serenity-B

10:00-11:30am
Multi-B

Sunday

8:30-9:30am
Hot 60**-B

9:00-10:15am
Foundations-B

10:00-11:30am
Multi

4:00-5:15pm
Multi Flow*

*mildly heated

**heated

B-Beginner friendly

Though we update the paper schedules often, the
on line schedule is always the most updated!

www.studiobambooyoga.com

last updated January 12, 2012