



# VILA YOGA STUDIO SCHEDULE

	MON	TUES	WED	THURS	FRI	SATURDAY
6:30 - 7:30 am		YOGA FLOW		YOGA FLOW		
8:30 - 9:45 am						SUNRISE YOGA
9:00 - 10:00 am	GENTLE YOGA	VINYASA FLOW 9:00-10:15	GENTLE YOGA	VINYASA FLOW 9:00-10:15		
10:00 - 10:40 am						
10:40 - 11:30 am						
11:30am-12:30 pm						
12:00 - 1:00 pm		LUNCH FLOW 12:00-12:50		LUNCH FLOW 12:00-12:50		
12:40-2:00 pm						
1:30 - 2:30 pm						
4:00 - 4:50 pm	GENTLE YOGA		GENTLE YOGA			
4:30 - 5:10 pm						
5:00 - 6:00pm	VINYASA YOGA ALL LEVELS		VINYASA YOGA ALL LEVELS			
5:10 - 6:00 pm						
5:30 - 6:30 pm						
6:00 - 7:15 pm						
6:30 - 7:30 pm						
7:30 - 8:30 pm						