

# Schedule

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BOOK A SESSION

TAKE A CLASS

9:00A-4:00P	11:30A-1:30P 4:00-5:00P 9:00-10:00P	9:00A-4:00P	9:00-11:00A 2:00-4:00P	9:00A-9:00P  9:00A-3:00P** **alternate Fri.	9:00A-9:00P** **1st & 3rd Sat.	<p><b>All Day Availability to Book</b></p> <p>Party Private Healing</p> <p>for you or your pet</p> <p><i>call for details</i></p>
5:30P <b>Foundations</b> Shine Yoga	9:30A <b>Yin Yang</b> Shine Yoga	5:30P <b>Hot Vinyasa</b> Studio 8  7:00P <b>Hot Vinyasa **</b> Studio 8	12:00P <b>Hot Express</b> Studio 8  5:30P <b>Foundations</b> Shine Yoga  6:30-9:30P <b>200 HR YTT</b> Open for Drop Ins	4P & 5:30P** <b>HH Hot Yoga</b> Zen Hot Yoga  **alternate Fri.	10:00A** <b>Gentle Yoga</b> Shine Yoga  **2nd & 4th Sat.	

*Schedule subject change. Check Wellness Living on a daily basis, Please don't forget to check in ahead .*

*Choose from the following locations: your home\*, Shine Yoga, Studio 8 Yoga, Zen Hot Yoga \$25 surcharge for an in-home visit*