

**CLASS  
SCHEDULE**

# PRANA

*Hot Yoga & Body Sculpt*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am Spoga	5:30 am Power Pilates	5:30 am Cycling Express (45 minutes)	5:30 am Vinyasa	5:30 am Spoga	5:30 am Advanced Heat Sculpt	7:00 am Advanced Heat Sculpt
9:00 am Vinyasa	9:00 am Interval Step	9:00 am BodyStrong with TRX	9:00 am Interval Step	9:00 am BodyStrong	9:00 am Cycling	8:00 am Cycling
9:30am BodyStrong with TRX	9:30 am Hatha	9:30 am Fusion	9:30 am Hatha	9:30 am Gentle Flow	9:30 am Hatha	9:00 am Hatha
5:00 pm Hatha	12:00 pm Fusion	3:30 pm Spilates	12:00 pm Advanced Heat Sculpt	5:00 pm Power Pilates	12:00 pm Vinyasa	9:30 am BodyStrong
6:30 pm Yin	5:00 pm Advanced Heat Sculpt	5:00 pm Hatha	5:00 pm Hardcore	5:30 pm Cycling Express (45 minutes)	5:00 pm Fusion	
	5:30 pm CycleStrong	6:30 pm Vinyasa	5:30 pm BodyStrong	6:30 pm Vinyasa		
	6:45 pm Hatha	6:45 pm Barre	6:30 pm Hatha	6:45 pm Barre		
			8:00 pm Yin	8:00 pm Hatha		

 Hot Yoga     
  Cold Class     
  Combo class: available to all members

Schedule Effective July 23, 2018