

**CLASS  
SCHEDULE**

# PRANA

*Hot Yoga & Body Sculpt*

Schedule Effective: November 4, 2018

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	10:15 Legs and Abs Express (45 minutes)	3:30 pm Spilates	12:00 pm Advanced Heat Sculpt	3:30 CycleSculpt	10:15 Arms and Abs Express (45 minutes)	9:30 am Boot Camp Barre
6:30 pm Yin	12:00 pm Fusion	5:00 pm Hatha	5:00 pm Hardcore	5:00 pm Power Pilates	12:00 pm Vinyasa	
	5:00 pm Advanced Heat Sculpt	6:30 pm Vinyasa	5:45 pm BodyStrong	5:30 pm Cycling Express (45 minutes)	4:30 pm Cycling	
	5:30 pm CycleStrong	6:45 pm Barre	6:30 pm Hatha	6:30 pm Vinyasa	5:00 pm Fusion	
	6:45 pm Hatha	8:00 pm Warm Yoga (great for beginners)	8:00 pm Yin	6:45 pm Barre		
	7:00 pm Barre			8:00 pm Hatha		

■ Hot Yoga   
 ■ Cold Class   
 ■ Combo class: available to all members

**Childcare Hours**

Monday, Wednesday 9:00 am – 1:00 pm and 5:00 pm – 8:00 pm  
 Tuesday, Thursday 9:00 am – 10:30 am and 3:30 pm – 8:00 pm  
 Friday 9:00 am – 1:00 pm and 4:00 pm – 5:30 pm