

Time	Day of Week					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am						
7:00 am						
8:30 AM	Intermediate Semi-P	8:15 Beginner group	Intermediate Semi-P	8:15 Beginner group	Intermediate Semi-P	all level mat class
9:30 AM	Beginner Group	9:15 Adv. Beginner group	Group app/mat	Beginner Group		
10:30 AM	Private					
11:30 AM						
12:45						all level mat class
4:15 PM	Beginner group		Beg/Int group			
4:30 PM						
5:15 PM	Adv.Beginner Group		Adv.Beginner Group			
6:15 PM	Adv.Beginner Group		Beginner Group	Chakra Yoga		
7:15 PM	Men's group		Beginner group		*****KEY*****	



SAT. MAT TIME CAN FLUCTUATE  
 out of studio  
 All groups are a combination of all apparatus  
 Call for appt: 214-797-3416



RSVP space limited