



Studio Class Schedule

1122 N. Milwaukee Ave.
Chicago, IL 60642
773-278-8877

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga for balance 6-7pm	Cardio Yoga 6-7pm	Zoomba 6-7pm	Vinyassa Level 1 & 2 6-7pm	Hatha Yoga Level 2 &3 4-5pm	Zoomba 10-11am	Basics Intro to Yoga 12-1pm
Cardio Yoga 7-8pm	Yoga & Meditation 7-8pm	Cardio dance 7-8pm	Cardio Yoga 7-8pm	Yin Yoga 5-6pm	Carib-dance 11-12pm	Vinyassa 1 & 2 1-2pm
Gentle Yoga 8-9pm	Vinyassa Level 1 & 2 8-9pm	Zoomba 8-9pm	Candlelight Yoga 8-9pm	Hatha Yoga Level 1 & 2 6-7pm	Cardio Dance 12-1pm	Mindful Hatha 2-3pm
Restorative & Meditation 9-10pm	Candlelight Yoga 9-10pm	Carib-dance 9-10pm	Yoga & Meditation 9-10pm	Gentle Flow 7-8pm	Zoomba 1-2pm	Hatha Level 1 & 2 3-4pm
				Yin yoga 8-9pm		Vinyassa for Beginners 4-5pm
						Hatha Yoga Level 1 & 2 5-6pm
						Candlelight Yoga 6-7pm