



ELEVATE  
YOGA

- Class types
- All Levels
  - Moderate
  - Sweat Level: High
  - Sweat Level: Little to None
  - Sweat Level: Low to Moderate
  - Sweat Level: Moderate
  - Sweat Level: Moderate to High
  - YoMessage

# May 2019

| Mon  | Tue   | Wed  | Thu   | Fri  | Sat   | Sun  |
|--|---|--|---|--|---|--|
| 29   | 30  | 1  | 2   | 3  | 4   | 5  |
| 5:30a Rise and Shine Flow to Qi Gong Yoga Fusion<br>8:30a Qi Gong Yoga Fusion<br>5p Express Class - Gentle Hip and<br>6p Power<br>7:15p Restorative Yoga | 6:30a Power<br>6:45a Rise and Shine<br>8:30a Rise and Shine Flow to<br>5p Kundalini<br>5:30p Kundalini Meditation<br>6p Yin Yoga with<br>7:30p Yoga Nidra | 5:30a Power<br>6:30a Earth<br>5p Express Class - Yoga<br>6p Heated<br>7:30p Vinyasa  | 6:30a Bilingual Rising Flow<br>6:45a Gentle<br>8:30a Yin/Yin<br>9:45a Adaptive<br>5p Express Class - Balance<br>5:45p Yin, Yin,<br>7:30p Restorative Yoga | 6:45a Rise and Shine Gentle<br>5:45p Restorative Yoga with Reiki | 8:30a Align and<br>10a Gentle Flow - Pre/Postnatal-Friendly | 9a Gentle Yoga<br>10:30a Vinyasa<br>5p Yin Yoga<br>7p Flow and Restore                   |
| 6  |   | 8  | 9   | 10   | 11  | 12   |
| 5:30a Rise and Shine Flow to<br>8:30a Earth<br>5p Express Class - Gentle Hip and<br>6p Power<br>7:15p Restorative Yoga                                   | 5:30a Bilingual Rising Flow<br>6:45a Rise and Shine<br>5p Kundalini<br>5:30p Kundalini Meditation<br>6p Yin Yoga with<br>7:30p Yoga Nidra                 | 5:30a Rise and Shine Gentle<br>5p Express Class - Yoga<br>6p Heated<br>7:30p Vinyasa | 5:30a Power<br>6:45a Gentle<br>8:30a Yin/Yin<br>9:45a Adaptive<br>5p Express Class - Balance<br>5:45p Yin, Yin,<br>7:30p Restorative Yoga                 | 6:45a Rise and Shine Gentle<br>5:45p Restorative Yoga with Reiki | 8:30a Align and<br>10a Gentle Flow - Pre/Postnatal-Friendly | 9a Gentle Yoga<br>10:30a Vinyasa<br>6p Yin Yoga<br>5p Restorative<br>7p Flow and Restore |
| 13   |   | 15   | 16  | 17   | 18  | 19   |
| 5:30a Rise and Shine Flow to<br>8:30a Vinyasa<br>5p Express Class - Gentle Hip and<br>6p Power<br>7:15p Restorative Yoga                                 | 5:30a Bilingual Rising Flow<br>6:45a Rise and Shine<br>5p Kundalini<br>5:30p Kundalini Meditation<br>6p Yin Yoga with<br>7:30p Yoga Nidra                 | 5:30a Rise and Shine Gentle<br>5p Express Class - Yoga<br>6p Heated<br>7:30p Vinyasa | 5:30a Power<br>6:45a Gentle<br>8:30a Yin/Yin<br>9:45a Adaptive<br>5p Express Class - Balance<br>5:45p Yin, Yin,<br>7:30p Restorative Yoga                 | 6:45a Rise and Shine Gentle<br>5:45p Restorative Yoga with Reiki | 8:30a Align and<br>10a Gentle Flow - Pre/Postnatal-Friendly | 9a Gentle Yoga<br>10:30a Vinyasa<br>5p Yin Yoga<br>7p Flow and Restore                   |
| 20   | 21  | 22   | 23  | 24   | 25  | 26   |
| 5:30a Rise and Shine Flow to<br>8:30a Vinyasa<br>5p Express Class - Gentle Hip and<br>6p Power<br>7:15p Restorative Yoga                                 | 5:30a Bilingual Rising Flow<br>6:45a Rise and Shine<br>5p Kundalini<br>5:30p Kundalini Meditation<br>6p Yin Yoga with<br>7:30p Yoga Nidra                 | 5:30a Rise and Shine Gentle<br>5p Express Class - Yoga<br>6p Heated<br>7:30p Vinyasa | 5:30a Power<br>6:45a Gentle<br>8:30a Yin/Yin<br>9:45a Adaptive<br>5p Express Class - Balance<br>5:45p Yin, Yin,<br>7:30p Restorative Yoga                 | 6:45a Rise and Shine Gentle<br>5:45p Restorative Yoga with Reiki | 8:30a Align and<br>10a Gentle Flow - Pre/Postnatal-Friendly | 9a Gentle Yoga<br>10:30a Vinyasa<br>5p Yin Yoga<br>7p Flow and Restore                   |
| 27   | 28  | 29   | 30  | 31   | 1   | 2  |
| 5:30a Rise and Shine Flow to<br>8:30a Vinyasa<br>5p Express Class - Gentle Hip and<br>6p Power<br>7:15p Restorative Yoga                                 | 5:30a Bilingual Rising Flow<br>6:45a Rise and Shine<br>5p Kundalini<br>5:30p Kundalini Meditation<br>6p Yin Yoga with<br>7:30p Yoga Nidra                 | 5:30a Rise and Shine Gentle<br>5p Express Class - Yoga<br>6p Heated<br>7:30p Vinyasa | 5:30a Power<br>6:45a Gentle<br>8:30a Yin/Yin<br>9:45a Adaptive<br>5p Express Class - Balance<br>5:45p Yin, Yin,<br>7:30p Restorative Yoga                 | 6:45a Rise and Shine Gentle<br>5:45p Restorative Yoga with Reiki | 8:30a Align and<br>10a Gentle Flow - Pre/Postnatal-Friendly | 9a Gentle Yoga<br>10:30a Vinyasa<br>5p Yin Yoga<br>7p Flow and Restore                   |