



Class Schedule As of March 4, 2019

| Time         | Mon          | Tue                   | Wed          | Thu          | Fri          | Sat  |
|--------------|--------------|-----------------------|--------------|--------------|--------------|--|
| 5:30-6:20am  | Small Grp PT | Small Grp PT          | Small Grp PT | Small Grp PT | Small Grp PT | Small Grp PT<br>7:00-7:50am                          |
| 6:00-7:00am  | Hatha        |                       | Hatha        |              | Hatha        | Hatha<br>8:00-9:00am                                 |
| 7:00-7:50am  | Small Grp PT | Small Grp PT          | Small Grp PT | Small Grp PT | Small Grp PT | Team Training<br>Group PT<br>9:15-10:15am            |
| 7:15-8:15am  | Hatha        | Flow                  |              | Flow         | Hatha        | Athletic Stretch<br>10:30-11:00am<br>Starts March 30 |
| 9:30-10:20am | Small Grp PT | Small Grp PT          | Small Grp PT | Small Grp PT | Small Grp PT |  |
| 9:30-10:30am | Flow         | Hatha                 | Flow         | Hatha        | Flow         |  |
| 10:30-11:20  | Small Grp PT | Small Grp PT          | Small Grp PT | Small Grp PT | Small Grp PT |  |
| 4:00-4:50pm  | Small Grp PT | Core &<br>Flexibility | Small Grp PT | Small Grp PT |              |  |
| 4:00-4:50pm  |              | Small Grp PT          |              |              |              |  |
| 5:00-5:50pm  | Small Grp PT | Small Grp PT          | Small Grp PT | Small Grp PT | Small Grp PT |  |
| 5:00-5:50pm  | Indoor cycle | Indoor cycle          | Indoor cycle | Indoor cycle | Indoor cycle |  |
| 6:00-7:00pm  | Flow         | Flow                  | Hatha        | Flow         |              |  |



|                    |               |               |                  |               |                  |  |
|--------------------|---------------|---------------|------------------|---------------|------------------|--|
| <b>6:15-7:05pm</b> | Small Grp PT  | Small Grp PT  | Small Grp PT     | Small Grp PT  |                  |  |
| <b>6:15-7:30pm</b> |               |               |                  |               | Candlelight yoga |  |
| <b>7:15-8:00pm</b> | Hatha Express | Hatha Express |                  | Hatha Express |                  |  |
| <b>7:15-8:30pm</b> |               |               | Restorative Yoga |               |                  |  |

Class schedule is subject to changes. For the most up-to-date class listings visit [www.smilingheartsyoga.com](http://www.smilingheartsyoga.com) or download our APP Smiling Hearts Yoga