



# YOGA ROOM

www.TheYogaRoomBodyTech.com

19815 S. La Grange Rd. Mokena, IL.

708-478-5054

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 A.M. to 6:30 A.M.			VINYASA Olga		VINYASA Olga		
6:30 A.M.							
8:00 A.M. to 9:15 A.M.				POWER YOGA Nicole		GENTLE STRETCH Marissa	
8:30 A.M. to 9:45 A.M.							VINYASA Elizabeth <b>FREE</b>
9:00 A.M.							
9:30 A.M. to 10:45 A.M.	CREATIVE VINYASA Kristin	YOGA BASICS Taressa	CREATIVE VINYASA Kristin	YOGA FUSION Nicole	POWER YOGA Jaye	VINYASA Marissa	
3:30 P.M. to 5:00 P.M.							CREATIVE VINYASA Kristin
4:30 P.M. to 5:45 P.M.					ASHTANGA YOGA Kit		
5:30 P.M. to 6:45 P.M.							
6:00 P.M. to 7:15 P.M.	CREATIVE VINYASA Kristin	CREATIVE VINYASA Marrissa	VINYASA Randy	CREATIVE VINYASA Kristin			
6:30 P.M. to 7:45 P.M.				<b>FREE</b>			
7:00 P.M. to 8:15 P.M.							
7:30 P.M. to 8:45 P.M.	GENTLE STRETCH Kristin	YIN / YANG FLOW Heather	YIN Randy	CANDELIGHT FLOW Diana			

**Orange Classes...** Hot classes ranging in the low to mid 90's with humidity.

**Yellow Classes...** Moderate heat ranging in high 80's with humidity.

**Blue Classes...** Regular temperature ranging in the high 70's to low 80's with humidity.

Large towels will be available for use for all heated classes or bring a towel from home.

**BODY TECH**  
**TOTAL FITNESS**

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