



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
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	
11:00 A.M. to 12:15 p.M.			FREE		YOGA FOUNDATIONS Randy		
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.							
7:00 P.M. to 8:15 P.M.			FREE				
7:30 P.M. to 8:45 P.M.	GENTLE STRETCH Kristin	TRADITIONAL YIN Diana	TRADITIONAL 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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