



# YOGA ROOM

www.TheYogaRoomBodyTech.com

19815 S. La Grange Rd. Mokena, IL  
708.478.5054

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**HOT STRENGTH & FLOW**  
5:30-6:30am  
*Olga*

**STRONG SLOW FLOW**  
9:15-10:30am  
*Allyson*

**HOT STRENGTH & FLOW**  
5:30-6:30am  
*Olga*

**\*\*NO FEE CLASS\*\***  
**VINYASA**  
9:30-10:30am  
*Samantha*

**VINYASA**  
6:15 - 7:15 pm  
*Denise*

**HOT STRENGTH & FLOW**  
5:30-6:30am  
*Olga*

**HOT FLOW**  
6:15-7:15pm  
*Laura*

**HOT STRENGTH & FLOW**  
5:30-6:30am  
*Olga*

**SOUL FLOW**  
8:00-9:15am  
*Allyson*

**HOT STRENGTH & FLOW**  
9:30-10:30am  
*Olga*

**SLOW FLOW**  
6:15 - 7:30pm  
*Allyson*

## The Yoga Room at Body Tech

Behind the door of The Yoga Room you will find an oasis of experiences to energize and harmonize your mind, body, and spirit. Here at the Yoga Room we offer classes, programs, workshops and events that will meet and exceed your expectations, the south suburbs jewel yoga studio. Our green heated studio offers classes in temperatures from 80 - 105 degrees with and without humidity. There is something for everyone at The Yoga Room.

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

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

**Black 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

www.bodytechtotalfitness.com  
www.theyogaroombodytech.com