

YOGA ROOM

19815 S. La Grange Rd. Mokena, IL
708.478.5054
www.TheYogaRoomBodyTech.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT STRENGTH & FLOW 5:30-6:30am ***Olga***	**HOT STRENGTH & FLOW** 5:30-6:30am ***Olga***	**NO ADDED FEE CLASS FOR BODY TECH MEMBERS** VINYASA 9:30-10:30am ***Allyson D.***	**HOT STRENGTH & FLOW** 5:30-6:30am ***Olga***	**HOT STRENGTH & FLOW** 5:30-6:30am ***Olga***	SOUL FLOW 8:00-9:15am ***Allyson D.***	**HOT STRENGTH & FLOW** 9:30-10:30am ***Olga***
YOGA FUNDAMENTALS /GENTLE FLOW 9:30-10:30am ***Allyson D.***	VINYASA FLOW 6:15 - 7:15 pm ***Sarah***	STRONG SLOW FLOW 6:15 - 7:30pm ***Allyson D.***	**HOT MAT PILATES** 6:15-7:15pm ***Maria***			
HOT MAT PILATES 6:15-7:15pm ***Maria***						

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

11/5/26