

BUCKHEAD STUDIO

2140 peachtree road, suite 230 atlanta 30309

BUCKHEAD		
MONDAY	CLASS DESCRIPTION	INSTRUCTOR
6:00 AM	RHYTHM & FLOW	MANDY
9:30 AM	HOT YOGA	MEREDITH
Noon	PILATES + POWER FUSION	MEREDITH
5:00 PM	HOT CORE POWER	OCTAVIA
5:30 PM	HOT FLOW	LANA
6:30 PM	POWER YOGA	OCTAVIA
7:30 PM	CORE POWER YOGA	MANDY
TUESDAY		
6:00 AM	VINYASA FLOW	MERYL
9:30 AM	HOT FLOW	LANA
NOON	HOT VINYASA FLOW	LANA
5:00 PM	FLOW INTO HIPS	OCTAVIA
5:30 PM	HOT YOGA	JASON
6:30 PM	ANUSARA INSPIRED YOGA	PHIL
7:30 PM	POWER YOGA	JASON
WEDNESDAY		
6:00 AM	POWER HOUR	CARLY
8:00 AM	YOGA IMMERSION 1	COOPER
9:30 AM	YOGA IMMERSION 2	COOPER
NOON	PILATES + POWER FUSION	MEREDITH
5:00 PM	POWER HOUR	OCTAVIA
5:30 PM	HOT YOGA	JASON
6:30 PM	POWER + RELAXATION	OCTAVIA
7:30 PM	PRANA FLOW	JASON
THURSDAY		
6:00 AM	VINYASA FLOW	MERYL
9:30 AM	POWER YOGA	MEREDITH
NOON	HOT YOGA - 75 MIN	MEREDITH
5:00 PM	PILATES	MICHELLE
5:30 PM	HOT YOGA	LEAH
6:30 PM	ANUSARA INSPIRED YOGA	PHIL
7:30 PM	WEST COAST FLOW	TODD
FRIDAY		
6:00 AM	VINYASA FLOW	MARY ELIZABETH
8:00 AM	HOT VINYASA FLOW	LANA
9:30 AM	HOT YOGA	LEAH
NOON	POWER + PILATES FUSION	MEREDITH
5:30 PM	HOT FLOW	LANA
6:00 PM	CORE POWER	MANDY
SATURDAY		
8:00 AM	HOT YOGA	LEAH
10:00 AM	HOT YOGA	LEAH
10:30 AM	POWER HOUR	OCTAVIA
NOON	HIPS HEAT & FLOW	OCTAVIA
2:30 PM	YIN YOGA	OCTAVIA
SUNDAY		
8:30 AM	POWER YOGA	JASON
10:30 AM	HOT YOGA	JASON
4:30 PM	HOT YOGA	LEAH
6:30 PM	WEST COAST FLOW	TODD

VININGS STUDIO

2355 cumberland parkway suite 120 atlanta 30319

VININGS		
MONDAY	CLASS DESCRIPTION	INSTRUCTOR
9:30 AM	COMING SOON	
5:00 PM	PILATES	MICHELLE
6:00 PM	FLUID FLOW	JASON
7:30 PM	HOT YOGA HOUR	JASON
TUESDAY		
6:00 AM	RHYTHM & FLOW	MANDY
9:30 AM	HOT YOGA	JO BETH
5:00 PM	PILATES POWER FUSION	MEREDITH
6:15 PM	HOT FLOW	MEREDITH
7:30 PM	COMING SOON	
WEDNESDAY		
9:30 AM	VINYASA FLOW	JO BETH
5:00 PM	PILATES	MICHELLE
6:15 PM	PILATES POWER FUSION	MEREDITH
7:30 PM	HOT HOUR	MEREDITH
THURSDAY		
6:00 AM	RHYTHM & FLOW	MANDY
9:30 AM	COMING SOON	
5:30 PM	POWER PILATES FUSION	JASON
7:00 PM	BALANCE + FOUNDATION	JASON
FRIDAY		
9:30 AM	HOT CORE YOGA	OCTAVA
6:00 PM	HOT YOGA	SHAY
SATURDAY		
8:30 AM	HOT YOGA	JASON
10:30 AM	POWER YOGA	JASON
12:30 AM	HOT YOGA (75MIN)	MARY ELIZABETH
3:00 PM	COMING SOON	
SUNDAY		
8:30 AM	HOT YOGA	LEAH
10:30 AM	HIPS HEAT & FLOW	OCTAVIA
5:00 PM	FLUID FLOW	JASON

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Lululemon 'YOGA STUDIO-OF-THE-MONTH'

Voted 'Best Yoga Studio' - Atlanta Yoga Scene 2012

We proudly offer the most Diverse, Experienced,
DYNAMIC yoga instructors in Atlanta.

