



	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6AM	VINYASA & FLOW Brooke	VINYASA FLOW Liz	VINYASA FLOW Lauren	VINYASA FLOW Liz	VINYASA FLOW Leah		
7:30							
8:00	It doesnt matter how deep into a posture you go; what matters is who you are when you get there'. MAX STROM		Barkan Method Flow Sami		Barkan Method Flow Sami	HOT FLOW leah	
8:30							POWER YOGA jason
9:30	POWER YOGA leah	VINYASA FLOW meryl	VINYASA YOGA meredith	POWER YOGA meryl	HOT FLOW leah		
10AM	consistently VOTED 'BEST YOGA STUDIO' in Atlanta					HOT FLOW leah	
10:30							
noon	POWER*PILATES FUSION meredith	ENERGIZE* YOGA leah	POWER*PILATES FUSION meredith	HOT YOGA meredith	POWER*PILATES FUSION meredith	HIPS HEAT & FLOW octavia	
2PM	"Penetration of our mind is our goal, but in the beginning to set things in motion, there is no substitute for sweat." -BKS					DEEP STRETCH YIN octavia	
4:30							HOT FLOW leah
5PM	HOT CORE POWER octavia	FLOW INTO HIPS Hadji	POWER HOUR octavia	PILATES michelle			
5:30	HOT FLOW jessie	FLUID FLOW jason	POWER FUSION meredith	HOT FLOW jessie			
6:00	"Practicing a long time with respect & without interruption brings perfection." K. PATTABHI JOIS				OM'ing soon		"You do not need to seek freedom in a different land, for it exists with your own body, heart, mind, and soul." -IYENGAR
6:30	POWER YOGA octavia	OM'ing soon	YANG + YIN octavia	OM'ing soon			VINYASA FLOW jessie
7:30	VINYASA FLOW jessie	POWER YOGA jason	HOT FLOW meredith	VINYASA FLOW jessie			
8:30	DEEP STRETCH YIN octavia		DEEP STRETCH YIN octavia				

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