

Duality Yoga Class Schedule

|  Duality Yoga | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------|---------------------------|-------------------|-------------------|-------------------|-----------------|-----------------|
| 6:00am | | Hot Vin (45min) | Hot 26 (45min) | Hot Vin (45min) | Hot 26 (45min) | | |
| 8:30am | | Hot Power Flow | Hot Vin | Hot PiYo | Hot Vin | Hot 26 | |
| 9:00am | | | | | | | Hot 26 (75 min) |
| 9:30am | | | | | | | |
| 10:00am | | | | | | | Flow |
| 11:00am | | | | | | | |
| 12:00pm | | Yoga Tone (45min) | Hot Honey (45min) | Warm Flow (45min) | Hot Honey (45min) | Hot Vin (45min) | |
| 1:00pm | Hot Vin | | | | | | |
| 3:30pm | | | | | | | |
| 4:30pm | | Hot Vin | Hot Vin | Hot Vin | Hot Vin | | |
| 5:00pm | Hot 26 | | | | | | |
| 5:30pm | | Glow Flow | FUSION | Flow | FUSION | Hot Honey Flow | |
| 6:00pm | | Intermediate Hot Honey | Hip Hop Heat | Hot 26 | Hip Hop Heat | | |