

Duality Yoga Class Schedule

 Duality Yoga	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am			Hot 26 (45min)	Ashtanga (45min)	Hot 26 (45min)	Ashtanga (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		Ashtanga	FUSION	Ashtanga	Flow	Hot Honey Flow	
6:00pm		Intermediate Hot Honey	Hip Hop Heat	Intermediate Hot Honey	Hip Hop Heat		