



AN URBAN OASIS

FEBRUARY 2012

Studio A

*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am Hot Power Flow 60 min Jodi	7:30 am Hot Hatha 60 min Rupal		7:30 am Hot Power Flow 60 min Jodi		8:30 am Hot Hatha Flow 60 min Michael	8:30 am Hot Power Flow 60 min Anna
	10:00 am Hot Hatha Flow 75 min Nicole		10:00 am Hot Power Flow 75 min Audrey	10:00 am Hot Hatha 75 min Audrey	10:00 am Hot Hatha 75 min Grace	10:00 am Hot Hatha 75 min Echo
12:15 pm Hot Hatha 45 min Isabel	12:15 pm Hot Power Flow 45 min Jane	12:15 pm Hot Power Flow 45 min Audrey	12:15 pm Hot Hatha 45 min Alysa	12:15 pm Hot Power Flow 45 min Vanessa	11:30 pm Hot Hatha Level 2 - 75 Min Grace	12:00 pm Hot Power Flow Level 2 - 75 Min Grace
2:30 pm Hot Hatha 75 min Elly			1:15 pm Hot Fusion 45 min Alysa		1:00 pm Hot Fusion (yoga/pilates) \$18 or card 50 min Alysa	1:30 pm Hot Fusion \$18 or card 50 min Catrina
4:15 pm Hot Power Flow 60 min Elly	4:15 pm Hot Hatha Community \$12 60 min Sophia	4:15 pm Hot Yin Yoga \$18 or card 50 min Vanessa	4:00pm Hot Hatha Flow 60 min Community \$12 Veronica	4:15 pm Hot Fusion (yoga/pilates) \$18 or card 50 min Alysa	2:00 pm Hot Power Flow 75 min John	2:30 pm Hot Hatha 60 min Catrina
5:30 pm Hot Pilates 50 min \$18 or class card Alysa	5:30 pm Hot Hatha 60 min Grace	5:15 pm Hot Power Flow 60 min Veronica	5:30 pm Hot Power Flow 75 min Echo	5:15 pm Hot Hatha 60 min Christine H	4:00 pm Hot Hatha Flow 75 min Dorothy	4:00 pm Hot Hatha Flow 75 min Erica
6:30 pm Hot Hatha 90 min Christine H	7:00 pm Hot Power Flow Level 2 75 min Grace	6:30 pm Hot Hatha 75 min Jodi	7:00 pm Hot Hatha 60 min Veronica	6:30 pm Hot Power Flow 75 min Erica	5:30 pm Hot Hatha Community \$12 60 min Vanessa/Sacha	5:30 pm Hot Power Flow 60 min Alysa
8:00 pm Hot Hatha Flow 60 min Christine E	8:30 pm Hot Power Flow 60 min Veronica	8:00 pm Hot Power Flow 60 min Erin	8:15 pm Hot Hatha Flow 60 min Frances	8:00 pm Hot Power Flow 60 min Erica		6:45 pm Hot Hatha Flow Community \$12 Cash only - 60 min Grace
9:00 pm Hot Hatha Flow with guided relaxation 75 min Dorothy		9:00 pm Hot Rock Yoga 60 min Erin	9:15 pm Hot Power Flow Level 1-2 60 min Frances			



- Please try and arrive 15 minutes before class.
- Avoid eating HEAVILY for 2 hours before class.
- Come hydrated, please drink lots of water before class.
- If you are taking a hot yoga class wear light and comfortable clothing (shorts, leotard or tank top).

Studio B

*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 pm Fusion (Yoga & Pilates) 45 min Brittany	12:00 pm Pilates Level 1 50 min Anne	12:00 pm Fusion (Yoga & Pilates) 45 min Brittany	12:00 pm Hatha Yoga Level 1-2 45 min Audrey	12:00 pm Pilates Level 1-2 50 min Anne	12:00 pm Hips, butt and legs 60 min Alysa	
1:00 pm Pilates Level 1 50 min Brittany	1:00 pm Vinyasa Flow Level 1-2 45 min Ginger	1:00 pm Pilates Level 1-2 50 min Brittany	5:00 pm Vinyasa Flow Yoga Level 1 60 min Sophia	1:00 pm Vinyasa Core Flow Level 1 45 min Ginger	1:00 pm Vinyasa Flow Level 1-2 60 min John	
5:30 pm Vinyasa Flow Yoga Level 1-2 60 min Lily	5:00 pm Hatha Yoga Level 1-2 60 min Ginger	NEW 5:15 pm Prenatal Yoga 60 min Jamie	6:00 pm Pilates Level 1 60 min Anne	5:30 pm Hatha Yoga Level 1 60 min Jodi	2:00 pm Pilates Level 1 60 min Erica	
NEW 6:30 pm Ballet Barre Sculpt 60 min Armando	6:00 pm Pilates Level 1 60 min Anne	6:15 pm Hatha Yoga Level 1-2 75 min Belinda	7:00 pm Pilates Level 1-2 60 min Anne			
NEW 7:30 pm Gentle Hatha 60 min Christine E	NEW 7:00 pm Intro Pilates 60 min Anne Pre-registration required Starts February	7:30 pm Pilates Level 2 60 min Anne	8:00 pm Hip Hop Flow Yoga 60 min			
		8:30 pm Hatha Yoga Level 1-2 60 min Erica				

SPA SERVICES OFFERED: TUESDAY TO FRIDAY 11AM TO 9PM, SATURDAY 10AM TO 6PM - SUNDAY & MONDAY by appointment only
Late evenings and weekends please press buzzer for admittance. During these hours please be on time or you may not be admitted.
For class descriptions and rates, please contact us or visit our web site.

TULA CENTRAL - STUDIO C CLASSES

PLEASE BE ADVISED we are not offering classes in STUDIO C as of February.