



# AN URBAN OASIS MAY 2012

## Studio A

\*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>7:00 am</b> Hot Power Flow 60 min Darcy		<b>7:00 am</b> Hot Hatha Flow 60 min Elly	<b>NEW 7:00 am</b> Hot Power Flow 60 min Darcy	<b>9:30 am</b> Hot Hatha Flow 60 min Erica	
		<b>9:30 am</b> Hot Power Flow 75 min Rachel	<b>9:30 am</b> Hot Power Flow 75 min Melissa L	<b>9:30 am</b> Hot Hatha 60 min Nicole	<b>11:00 am</b> Hot Hatha 75 min Shawna	<b>10:30 am</b> Hot Hatha 75 min Isabel
<b>12:15 pm</b> Hot Power Flow 45 min Darcy	<b>12:15 pm</b> Hot Hatha 60 min Veronica			<b>12:15 pm</b> Hot Hatha Flow 60 min Shawna	<b>12:30 pm</b> Hot Power Flow Level 3 75 min Darcy	
<b>NEW 2:00 pm</b> Hot Hatha Flow 75 min Lisa	<b>2:00 pm</b> Hot Power Flow 75 min Veronica	<b>2:00 pm</b> Hot Hatha Flow 60 min Audrey	<b>NEW 2:00 pm</b> Hot Hatha Flow 60 min Natalie	<b>2:00 pm</b> Hot Power Flow 60 min Audrey	<b>2:00 pm</b> Hot Power Flow 60 min Frances	<b>2:15 pm</b> Hot Fusion 60 min Erica
	<b>5:00 pm</b> Body Tone 60 min Darcy		<b>5:00 pm</b> Warm Hatha 60 min Alysa	<b>4:00 pm</b> Hot Pilates 60 min Sophia	<b>4:00 pm</b> Hot Fusion 60 min Melissa L	<b>4:00 pm</b> Hot Hatha Flow 60 min Ruby
<b>5:30 pm</b> Hot Power Flow 75 min Nicole	<b>6:00 pm</b> Hot Hatha 75 min Frances	<b>5:30 pm</b> Hot Hatha 75 min Elly	<b>6:00 pm</b> Hot Fusion 60 min Alysa	<b>5:15 pm</b> Hot Hatha Flow 60 min Audrey	<b>5:00 pm</b> Hot Gentle Hatha 60 min Tamara	<b>5:30 pm</b> Hot Power Flow 75 min Ruby
<b>7:00 pm</b> Hot Hatha Flow Community S12 or class card 60 min Melissa L	<b>7:30 pm</b> Hot Power Flow 60 min Erin	<b>7:00 pm</b> Hot Power Flow 60 min Adelle	<b>7:30 pm</b> Hot Power Flow Level 2 60 min Audrey	<b>6:30 pm</b> Hot Power Flow 75 min Audrey		
<b>8:15 pm</b> Hot Fusion 60 min Jodi	<b>8:30 pm</b> Hot Hatha Flow 60 min Audrey	<b>8:15 pm</b> Hot Pilates 60 min Brittany	<b>8:30 pm</b> Hot Hatha 60 min Audrey			



- 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
					<b>11:30 am</b> Hatha Yoga Level 1 60 min Community \$12 or class card Svetlana	
					<b>NEW</b> <b>12:30 pm</b> BodyTone 60 min Audrey	<b>12:30 pm</b> Pilates Level 1 60 min Erica
		<b>NEW</b> <b>5:30 pm</b> BodyTone 60 min Darcy		<b>5:30 pm</b> Warm Ballet Sculpt 60 min Elisabeth	<b>2:30 pm</b> Vinyasa Flow Level 1-2 75 min Kate	<b>2:30 pm</b> Hatha Yoga Level 1 60 min Tamara
<b>6:30 pm</b> Pilates Level 1 60 min Rita	<b>6:00 pm</b> Hatha Yoga Level 1-2 60 min Elly	<b>6:30 pm</b> Pilates Level 1 60 min Erica	<b>6:00 pm</b> Hatha Yoga Level 1-2 60 min Adelle			
<b>7:45 pm</b> Hips, Butt & Thighs 60 min Brittany	<b>7:00 pm</b> Vinyasa Flow Level 1 60 min Community \$12 or class card Melissa	<b>7:30 pm</b> Vinyasa Flow Level 1-2 60 min Community \$12 or class card Irina	<b>7:00 pm</b> Pilates Level 1-2 60 min Alysa			

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.