

Mystic Fitness Yoga Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
8:00am VINYASA Abby		6:00am HOT Mimi	8:00am Hula Hoop Yoga Karen	6:00am HOT Karen	6:00am HOT Amy	8:00am BIKRAM Joe
10:00am HOT Abby	9:30am HATHA Tal	9:30am HOT Mimi	9:30am BIKRAM Mimi	9:30am BIKRAM Mimi	9:30am HATHA Cynthia	10:00am POWER Amy
						12:00 Noon KIDS' YOGA Cheryl&Karen
2:30pm BIKRAM Nathan	4:00pm POWER Jeff		4:00pm BIKRAM Mimi	4:00pm BIKRAM Joe	4:00pm BIKRAM Mimi	
4:30pm BIKRAM Joe	5:30pm BIKRAM Amy	5:30pm POWER Nathan	5:30pm VINYASA Michael	5:30am HOT Abby	5:30pm POWER Joe	4:30pm BIKRAM Mimi
	7:15pm Rockin' Vinyasa Amy	7:15pm BIKRAM Nathan	7:15pm BIKRAM Mimi	7:15pm VINYASA Abby		

Classes are 90 minutes, except 4pm classes which are 75 minutes.

Kids' classes are 60 minutes. Click on WebScheduler for daily schedule updates.