

Mystic Fitness Yoga Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
8:00AM Vinyasa Abby		6:00AM Hot Mimi		6:00AM Hot Mimi		8:00AM Bikram Joe
10:00AM Hot Abby	9:30AM Hatha Yoga Tal	9:30AM Hot Lorilee	9:30AM Bikram Mimi	9:30AM Bikram Mimi	9:30AM Vinyasa Cynthia	10:00AM Power Amy
Available for privates & special group classes. Call to reserve.						
	4:00PM Power Jeff	4:00PM Power Deborah	4:00PM Hot Lesley	4:00PM Bikram Joe	4:00PM Bikram Mimi	12:00PM Kids Yoga Debbie
4:30PM Bikram Joe	5:30PM Bikram Amy	5:30PM Power Deborah	5:30PM Vinyasa Tal	5:30PM Hot Abby	5:30PM Hot Fusion Joe	4:30PM Bikram Mimi
	7:15PM Rockin' Vinyasa Amy	7:15PM Bikram Mimi	7:15PM Vinyasa Tal	7:15PM Intermediate /Advanced Abby		

Hot Yoga	A slow-moving sequence of 32 postures. Includes all Bikram postures plus a few extra. 105 degrees.
Bikram	A slow-moving sequence of 26 postures; practiced by students working at any level. 105 degrees.
Power	Athletic yoga with a focus on connecting movement with breath. High aerobic. 95 degrees.
Int/Adv Yoga	Designed for students with a minimum of 1-2 years of yoga practice. 90 degrees.

Kids Yoga	Yoga just for kids, ages 6 to 12. Unheated.
Hatha Yoga	A gentle, spiritual journey. 84 degrees.
Vinyasa	Yoga flow that emphasizes the connection of movement with breath. 84 degrees.
Rockin' Vinyasa	A powerful flow class with music and attitude. 95 degrees.
Hot Fusion	A 50/50 blend of Jimmy Barken's Hot series and Vinyasa. 105 degrees.

Classes are 90 minutes. except 4PM classes, which are 75 min. Kids Classes are 60 minutes.
Check website for most current schedule. www.MysticFitness.com