

# MYSTIC FITNESS YOGA SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am Vinyasa Dima		6:00am HOT (Barkan) Kandace		6:00am HOT (Barkan) Sam		8:00am BIKRAM Joe
9:45am HOT (Flow) Dima	9:30am HOT (Flow) Michelle	9:30am HOT (Flow) Dima	9:30am HOT (Flow) Anh	9:30am HOT (Flow) Erin	9:30am HOT (Flow) Marybeth	10:00am POWER Amy
						12 Noon Kids' Yoga Sam
	4:00pm POWER Erin		4:00pm BIKRAM Mimi	4:00pm BIKRAM Joe	4:00pm BIKRAM Mimi	
4:30pm BIKRAM Joe	5:30pm BIKRAM Amy	5:30pm POWER Anh	5:30pm Vinyasa Sam	5:30pm HOT (Barkan) Sam	5:30pm POWER Erin	4:00pm HOT (Flow) Michelle
6:30pm Spectacular Sunday Night Series Please check website for dates and classes	7:15pm Rockin' Vinyasa Amy	7:15pm HOT (Flow) Anh	7:15pm BIKRAM Mimi	7:15pm SHAKTI Flow Krissa		

Classes in purple and blue squares are 90 minutes. Classes in yellow squares are 75 minutes.  
Check the website for our most current schedule. [www.MysticFitness.com](http://www.MysticFitness.com).