

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 A		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 A
	4:00pm POWER Erin	4:00pm Prenatal Yoga Chere	4:00pm BIKRAM Mimi	4:00pm BIKRAM Joe	4:00pm BIKRAM Sheryl	
4:30pm BIKRAM Joe	5:30pm BIKRAM Amy	5:30pm POWER Anh	5:30pm Vinyasa Sam A	5:30pm HOT (Barkan) Sam A	5:30pm POWER Erin	4:00pm HOT (Flow) Michelle
6:30pm Spectacular Sunday Night Series On hiatus for summer Returning in Sept 2017	7:15pm Rockin' Vinyasa Amy	7:15pm HOT (Flow) Kat	7:15pm BIKRAM Mimi	7:15pm SHAKTI Flow Krissa	7:00pm Community Class One Voice Graduates	

Classes in purple and blue squares are 90 minutes. Classes in yellow squares are 75 minutes. Classes in white squares are 60 minutes.
Check the website for our most current schedule. www.MysticFitness.com.