

Desert Moon Yoga Class Schedule effective December 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00: AM	Heated Vinyasa Jen				Heated Vinyasa Jen		
7:00: AM		Heated HIIT Sculpt Hannah		Heated HIIT Sculpt Hannah			
7:30: AM						Heated HIIT Sculpt Hannah	Gentle Heat Jump Sculpt Hannah
9:00: AM	Hot Yoga Jen	Heated Vinyasa Ryan	Hot Flow Jen	Hot Flow Bridget/Julie	Heated 26 Flow Julie	Hot Vinyasa Ryan	Hot Vinyasa Hannah
10:30: AM		Hot 26&2 Bridget		Hot 26&2 Bridget		Hot Flow Julie	12/7 & 12/28 Hot Flow- Julie 12/14 & 12/21 Mat Pilates Classical- Wendy from Studio Kinetics
12:00: PM	Heated EXPRESS 50 Min Full Body/ Low Impact Sculpt- Julie	Gentle Heat EXPRESS 50 Min Vin/Yin- Julie	Heated EXPRESS 50 Min Full Body/ Low Impact Sculpt- Julie	Gentle Heat EXPRESS 50 Min Vin/Yin- Julie	Hot Flow Julie		
3:00: PM					Heated EXPRESS 50 Min Full Body/ Low Impact Sculpt- Julie		
3:30: PM							Gentle Heat Deep Stretch- Jen
4:30: PM	Gentle Heat Slow Flow/Yin Charles	Gentle Heat Deep Stretch Julie	Gentle Heat Stretch Foam Roller Kim	Hot Slow Flow to Power Flow Renee	No Heat Yin Pandora		
5:00: PM							Class/Teacher TBA
6:00: PM	Hot Slow Flow to Power Flow Charles	Hot Flow Julie	Hot Vinyasa Ryan	Gentle Heat Stretch Foam Roller Kim	Workshop-12/19 Crystal Tones Sound Bath- Pandora		