

SALT YOGA

studio schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	HEATED VINYASA FLOW (6.30)	HEATED YIN (7.15)	HEATED VINYASA FLOW (6.30)	HEATED SALT FLOW (7.15)	HEATED VINYASA FLOW (6.30)	VINYASA FLOW (8.00)
PILATES (8.30)	HEATED VINYASA FLOW (9.00)	HEATED SALT FLOW + NIDRA (9.30)	HEATED VINYASA FLOW (9.00)	PILATES (9.30)	FLOW + RESTORE (9.00)	ADVANCED FLOW (9.30)
HEATED SALT FLOW + NIDRA (10.00)	HEATED SALT FLOW (12.30)	YANG (12.15)	SLOW FLOW (12.30)	VINYASA FLOW (12.15)	YANG (12.15)	ACROYOGA (11.00)
		HEATED VINYASA FLOW (1.15)		HEATED SLOW FLOW (1.15)	PILATES (1.15)	
	HEATED VINYASA FLOW (4.00)		HEATED SALT FLOW (4.00)		\$5 FLOW (4.00)	
FOCUSED FLOW (5.00)	ADVANCED FLOW (5.30)	CANDLELIT SLOW FLOW (5.30)	VINYASA FLOW (5.30)	SALT FLOW (5.30)	VINYASA FLOW (5.15)	
	HEATED YIN (7.00)	VINYASA FOUNDATIONS (7.00)	HANDSTANDS (7.00)	CANDLELIT SLOW FLOW (7.00)		

SALT YOGA

hotel schedule

SUN	MON		FRI	SAT
AZURA YOGA (9.00)				AZURA YOGA (9.00)
LOREN YOGA (9.30)	LOREN YOGA (9.30)		LOREN YOGA (9.30)	LOREN YOGA (9.30)