



MISSION DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am	NATALYA	MELINDA	KI	REGAN			
	Power Flow	Power Flow	Power Flow	Power Flow			
9:00 - 10:00 am	KEEGAN		KEEGAN		JUAN		
	Hatha		Hatha		Hatha		
9:00 - 10:15 am		KRISTEN		KRISTEN			
		Vinyasa		Vinyasa			
9:00 - 10:30 am						NAT	YVONNE
						Vinyasa	Vinyasa + Med
11:00 - 12:15 pm						RACHEL	ANNIE
						Vinyasa	Smart Flow
12:00 - 1:00 pm	ATI	SUZANNE	ATI	SUZANNE	RACHEL		
	Vinyasa	Power Flow	Vinyasa	Power Flow	Vinyasa		
4:30 - 5:45 pm	DAVID	JUAN	NAT	YVONNE	SUZANNE	CHRISTINE	ASHLEY
	Vinyasa	Hatha	Vinyasa	Vinyasa	Vinyasa	Hatha	Slow Medicine Flow
6:15 - 7:30 pm	JANET	YVONNE	JEREMY	KI	DAVID		ROSA
	Vinyasa	Vinyasa	Vinyasa	Vinyasa	Vinyasa Level 2/3		Flow + Restore
8:00 - 9:00 pm	ALEXANDRA		ALEXANDRA				
	Candle Light Flow		Candle Light Flow				



HAIGHT DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15 AM	ALEX Vinyasa	TONY Power Flow	ALEX Vinyasa	TONY Power Flow			
9:00 - 10:00 AM	AXEL Vinyasa		YVONNE Vinyasa		NIKITA Vinyasa		
9:00 - 10:15 am		BRENNA Slow Medicine Flow		BRENNA Slow Medicine Flow			
9:30- 10:30 pm						LAUREN Vinyasa	SHANNON Vinyasa
10:30- 11:30 pm	CONNIE Yoga Therapeutics		CONNIE Yoga Therapeutics				
11:00 - 12:15 pm						JACQUI Vinyasa	DAVID Vinyasa
12:00 - 1:00 pm	SHANNON Vinyasa	CHRISTINE Hatha	JENNY Vinyasa	CHRISTINE Hatha	JENNY Vinyasa		
4:30 - 5:45 pm	REBECCA Vinyasa	RACHEL Vinyasa	CRYSTAL H. Flow + Restore	NIKITA Vinyasa	AXEL Vinyasa	SHANNON Vinyasa	REGAN Vinyasa
6:15 - 7:30 pm	NAT Vinyasa	ASHLEY Vinyasa	DANNI Vinyasa	JACQUI Vinyasa	CAITLIN Vinyasa		CRYSTAL H. Nidra + Restorative
8:00 - 9:00 pm	JACQUI Flow + Soundbath	CINDY Nidra + Soundbath	JACQUI Flow + Soundbath	CAITLIN Flow + Soundbath			