



MISSION DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am							
9:00 - 10:00 am	KEEGAN Hatha Flow	ATI Vinyasa Flow	KEEGAN Hatha Flow	ATI Vinyasa Flow	JUAN Hatha Flow		
9:00 - 10:15 am							
9:00 - 10:30 am						NAT Vinyasa Flow	YVONNE Vinyasa + Meditation
11:00 - 12:15 pm						RACHEL Vinyasa Flow	ANNIE SmartFLOW
12:00 - 12:45 pm	MICHAEL Vinyasa Express		MICHAEL Vinyasa Express		KARMA YOGIS Foundations Flow		
4:30 - 5:45 pm	DAVID Vinyasa Flow	JUAN Vinyasa Flow	REGAN Vinyasa Flow	JUAN Vinyasa Flow	RACHEL Vinyasa Flow		KEEGAN Hatha Flow
6:15 - 7:30 pm	JANET Vinyasa Flow	YVONNE Vinyasa Flow	JEREMY Vinyasa Flow	YVONNE Vinyasa Flow	DAVID Vinyasa Flow 2/3		MICHAEL Vinyasa Flow
8:00 - 9:00 pm	MAX Gentle Hatha		MAX Gentle Hatha				



HAIGHT DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15 AM	ALEX Vinyasa Flow	TONY Vinyasa Flow	ALEX Vinyasa Flow	TONY Vinyasa Flow	BRIDGETTE Vinyasa Flow		
9:00 - 10:00 AM	CAITLIN Vinyasa Flow		YVONNE Vinyasa Flow		JL Vinyasa Flow		
9:00 - 10:15 am		BRENNA Slow Medicine Flow		BRENNA Slow Medicine Flow		GIANA Vinyasa Flow	
9:30- 10:30 pm							ROSA Vinyasa Flow
10:15- 11:30 pm	HARVEY Yoga Therapeutics		HARVEY Yoga Therapeutics				
11:00 - 12:15 pm						JACQUI Vinyasa Flow	DAVID Vinyasa Flow
12:00 - 12:45 pm	LIZ Hatha Flow	GIANA Hatha Flow	JENNY Vinyasa Flow	GIANA Hatha Flow	JENNY Vinyasa Flow		
4:30 - 5:45 pm	JENNY Vinyasa Flow	ROSA Vinyasa Flow	CRYSTAL Flow + Restore	ROSA Vinyasa Flow	AXEL Vinyasa Flow	KARMA YOGIS Foundations Flow	LIZ Hatha Flow
6:15 - 7:30 pm	NAT Vinyasa Flow	JACQUI Vinyasa Flow	NAT Vinyasa Flow	JACQUI Vinyasa Flow	CAITLIN Vinyasa Flow + Sound		CRYSTAL Nidra + Restorative
8:00 - 9:00 pm	JL Flow + Soundbath	CINDY Nidra + Soundbath	JL Flow + Soundbath	CAITLIN Flow + Soundbath			