



# HAIGHT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15 am	<b>ALEX</b> Vinyasa Flow	<b>TONY</b> Vinyasa Flow	<b>ALEX</b> Vinyasa Flow	<b>TONY</b> Vinyasa Flow	<b>BRIDGETTE</b> Vinyasa Flow		
9:00 - 10:00 am	<b>CAITLIN</b> Vinyasa Flow		<b>YVONNE</b> Vinyasa Flow		<b>JL</b> Vinyasa Flow		
9:00 - 10:15 am		<b>BRENNA</b> Slow Medicine Flow		<b>BRENNA</b> Slow Medicine Flow		<b>GIANA</b> Vinyasa Flow	
9:00 - 10:30 am							<b>ROSA</b> Vinyasa Flow
11:00 - 12:15 pm						<b>JACQUI</b> Vinyasa Flow	<b>DAVID</b> Vinyasa Flow
12:00 - 1:00 pm	<b>LIZ</b> Hatha Flow	<b>GIANA</b> Hatha Flow	<b>JENNY</b> Vinyasa Flow	<b>GIANA</b> Hatha Flow	<b>JENNY</b> Vinyasa Flow		
4:30 - 5:30 pm						<b>KARMA YOGIS</b> Foundations Flow	
4:30 - 5:45 pm	<b>JENNY</b> Vinyasa Flow	<b>ROSA</b> Vinyasa Flow	<b>CRYSTAL</b> Flow + Restore	<b>ROSA</b> Vinyasa Flow	<b>AXEL</b> Vinyasa Flow		<b>LIZ</b> Hatha Flow
6:15 - 7:30 pm	<b>NAT</b> Vinyasa Flow	<b>JACQUI</b> Vinyasa Flow	<b>NAT</b> Vinyasa Flow	<b>JACQUI</b> Vinyasa Flow	<b>CAITLIN</b> Vinyasa Flow + Sound		<b>CRYSTAL</b> Nidra + Restorative
8:00 - 9:00 pm	<b>JL</b> Flow + Soundbath	<b>CINDY</b> Nidra + Soundbath	<b>JL</b> Flow + Soundbath	<b>CAITLIN</b> Flow + Soundbath			



# MISSION SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am							
9:00 - 10:00 am	<b>KEEGAN</b> Hatha Flow		<b>KEEGAN</b> Hatha Flow		<b>JUAN</b> Hatha Flow		
9:00 - 9:45 am		<b>ATI</b> Vinyasa Express		<b>ATI</b> Vinyasa Express			
9:00 - 10:30 am						<b>NAT</b> Vinyasa Flow	<b>YVONNE</b> Vinyasa + Meditation
11:00 - 12:15 pm						<b>RACHEL</b> Vinyasa Flow	<b>ANNIE</b> SmartFLOW
12:00 - 12:45 pm	<b>MELINDA</b> Vinyasa Express		<b>MELINDA</b> Vinyasa Express				
12:00 - 1:00 pm					<b>KARMA YOGIS</b> Foundations Flow		
4:30 - 5:45 pm	<b>DAVID</b> Vinyasa Flow	<b>JUAN</b> Vinyasa Flow	<b>RACHEL</b> Vinyasa Flow	<b>JUAN</b> Vinyasa Flow	<b>RACHEL</b> Vinyasa Flow		<b>KEEGAN</b> Hatha Flow
6:15 - 7:30 pm	<b>JANET</b> Vinyasa Flow	<b>YVONNE</b> Vinyasa Flow	<b>JEREMY</b> Vinyasa Flow	<b>YVONNE</b> Vinyasa Flow	<b>DAVID</b> Vinyasa Flow 2/3		<b>TAYLOR</b> Flow + Restore
8:00 - 9:00 pm							