

# CHANDLER

M

9:00-10:10 am • Level 1-2  
10:30-11:40 am • Level 1 😞  
4:30-5:40 pm • 1-2 Flow and Unwind  
4:45-5:55 pm • Yin/Gentle 😞  
6:00-7:10 pm • Level 1-2  
6:15-7:30 pm • IVY 75 HOT Flow

T

9:00-10:10 am • Level 1-2  
10:30-11:55 am • Yin/Restorative 😞  
4:30-5:45 pm • Gentle Yin-Yang Flow 😞  
4:30-5:40 pm • Level 1-2  
6:00-7:10 pm • Level 1 😞  
6:00-7:15 pm • IVY Warm Yang Flow + Yin

W

9:00-10:25 am • Power  
10:30-11:45 am • Yin 😞  
4:30-5:40 pm • 1-2 Flow and Unwind  
6:15-7:25 pm • Level 1-2  
6:30-7:55 pm • Restorative 😞

TH

9:00-10:10 am • Level 1-2  
12:00-1:00 pm • Yoga for Lunch  
4:30-5:40 pm • Level 1-2  
6:00-7:10 pm • Level 1 😞  
6:00-7:25 pm • Power

F

9:00-10:25 am • Power  
10:30-11:40 am • Level 1 Flow 😞  
5:15-6:30 pm • Yin-Yang Flow  
5:30-6:45 pm • Yin 😞

SA

8:00-9:25 am • Power  
9:30-10:40 am • 1-2 Flow and Unwind  
9:30-10:55 am • Yin/Gentle 😞  
11:00 am-12:10 am • Prenatal  
11:00 am-12:10 pm • Level 1 😞  
3:45-4:55 pm • Level 1-2

SU

9:00-10:15 am • HEY: Feeling Good from the Inside Out 😞  
9:00-10:15 am • IVY 75 HOT Flow  
10:30-11:55 am • Level 1-2 + Nidra  
3:30-4:40 pm • Level 1-2  
3:45-5:10 pm • Yin/Restorative 😞

# TEMPE

M

9:00-10:10 am • Level 1 😞  
9:00-10:15 am • Warm Radiant Yang Flow + Yin  
10:30-11:45 am • Yin 😞  
4:45-6:00 pm • Radiant 75 HOT Flow  
6:00-7:10 pm • Level 1-2  
6:15-7:15 pm • Radiant 60 HOT Flow  
6:30-7:40 pm • Prenatal

T

6:00-7:00 am • Radiant 60 HOT Flow  
7:30-8:45 am • Yin-Yang Flow  
9:00-10:15 am • HEY: Feeling Good from the Inside Out 😞  
9:00-10:00 am • Radiant HOT Essentials 😞  
4:30-5:45 pm • Radiant 75 HOT Flow  
5:15-6:25 pm • HEY: Core Strength & Stretch  
6:00-7:00 pm • Radiant HOT Essentials 😞  
6:30-7:55 pm • Restorative 😞  
6:30-7:45 pm • Kundalini

W

6:30-7:45 am • Gentle Yin-Yang Flow 😞  
9:00-10:10 am • Level 1-2  
8:30-9:30 am • Radiant 60 HOT Flow  
10:30-11:40 am • Level 1 😞  
12:00-1:00 pm • Yoga for Lunch  
5:00-6:00 pm • Radiant HOT Essentials 😞  
6:15-7:30 pm • Level 1 + Nidra 😞  
6:15-7:15 pm • Radiant 60 HOT Flow

TH

6:00-7:00 am • Radiant 60 HOT Flow  
7:30-8:45 am • Yin-Yang Flow  
9:00-10:15 am • Warm Radiant Yang Flow + Yin  
10:30-11:55 am • Yin/Restorative 😞  
5:00-6:00 pm • Radiant Warm Yin + 😞  
5:15-6:25 pm • 1-2 Flow and Unwind  
6:15-7:15 pm • Radiant 60 HOT Flow  
6:30-7:55 pm • Restorative 😞

F

6:30-7:45 am • Gentle Yin-Yang Flow 😞  
9:00-10:10 am • Level 1-2  
8:30-9:30 am • Radiant 60 HOT Flow  
10:30-11:30 am • Radiant Warm Yin 😞  
12:00-1:00 pm • Radiant 60 HOT Flow  
4:30-5:55 pm • IVY Radiant HOT 26 😞  
5:30-6:40 pm • Candlelight Flow + Meditation 😞

SA

8:30-9:45 am • Yin 😞  
8:30-9:30 am • Radiant HOT Essentials 😞  
10:00-11:10 am • Level 1-2  
10:00-11:10 am • KIDS Yoga  
10:30-11:45 am • KIDS Yoga  
10:30-11:45 am • Radiant 75 HOT Flow  
\*12:30-1:30 pm • FREE Intro to Yoga 😞  
\*(NEW students 1st Visit)

SU

8:30-9:30 am • Radiant HOT Essentials 😞  
9:00-10:10 am • 1-2 Flow and Unwind  
10:30-11:40 am • Level 1 😞  
10:30-11:45 am • Radiant 75 HOT Flow  
10:30-11:45 am • KIDS Yoga

# AHWATUKEE

<b>M</b>	<p>5:30-6:30 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:00-10:15 am • Yin-Yang Flow 10:30-11:30 am • Radiant HOT Essentials 😊 10:30-11:55 am • Yin/Restorative 😊 5:30-6:30 pm • Radiant 60 HOT Flow 😊 6:30-7:45 pm • HEY: Feeling Good from the Inside Out 7:00-8:00 pm • Radiant 60 HOT Flow 😊</p>
<b>T</b>	<p>6:00-7:00 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:15-10:25 am • HEY: Core Strength &amp; Stretch 10:30-11:30 am • Radiant Warm Yin 😊 12:00-1:00 pm • Yoga for Lunch 4:30-5:30 pm • Radiant 60 HOT Flow 5:15-6:25 pm • Level 1-2 5:45-6:45 pm • Radiant 60 HOT Flow 6:30-7:40 pm • Level 1 Flow 😊 7:00-8:00 pm • Radiant HOT Essentials 😊</p>
<b>W</b>	<p>5:30-6:30 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:30-10:45 am • HEY: Feeling Good from the Inside Out 😊 4:00-5:00 pm • Radiant HOT Essentials 😊 5:00-6:10 pm • 1-2 Flow and Unwind 5:30-6:30 pm • Radiant 60 HOT Flow 6:30-7:55 pm • Restorative 😊 7:00-8:00 pm • Radiant 60 HOT Flow</p>
<b>TH</b>	<p>6:00-7:00 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:15-10:25 am • Level 1-2 10:30-11:30 am • Radiant Warm Yin 😊 4:30-5:30 pm • Radiant 60 HOT Flow 5:30-6:40 pm • Level 1 Flow 😊 5:45-6:45 pm • Radiant 60 HOT Flow 7:00-8:00 pm • Radiant Warm Yin 😊</p>
<b>F</b>	<p>9:00-10:15 am • Radiant 75 HOT Flow 9:30-10:45 am • Level 1 Flow 😊 10:30-11:30 am • Radiant 60 HOT Flow 12:00-1:00 pm • Yoga for Lunch 4:00-5:00 pm • Radiant HOT Essentials 😊 5:30-6:45 pm • Radiant HOT Happy Hour</p>
<b>SA</b>	<p>8:30-9:45 am • Radiant 75 HOT Flow 9:00-10:25 am • Yin-Yang Flow 10:30 am-11:55 am • IVY Radiant HOT 26 😊 10:30-11:45 am • HEY: Feeling Good from the Inside Out 😊</p>
<b>SU</b>	<p>8:30-9:30 am • Radiant 60 HOT Flow 9:00-10:15 am • Yin 😊 10:00-11:15 am • Radiant 75 HOT Flow 10:30-11:55 am • HEY Core Stress Release + Nidra 1:30-2:55 pm • IVY Radiant HOT 26 😊 3:30-4:30 pm • Radiant Warm Yin 😊</p>



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*go in ...*

*... peace out*

