

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
6:15-7:25 pm • Level 1 😞

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

9:00-10:10 am • Level 1 😞
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 😞
6:00-7:10 pm • Power

F

9:00-10:25 am • Power
10:30-11:40 am • Level 1 Flow 😞
4:30-5:40 pm • Level 1-2
4:45-5:55 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 😞
9:00-10:25 am • Warm Power
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

5:30-6:30 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 😞
8:30-9:30 am • Radiant 60 HOT Flow
9:00-10:10 am • Level 1-2
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

5:30-6:30 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 😞
8:30-9:30 am • Radiant 60 HOT Flow
9:00-10:10 am • Level 1-2
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

M 5:30-6:30 am • Radiant 60 HOT Flow
9:00-10:15 am • Radiant 75 HOT Flow
9:15-10:25 am • Level I 😊
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

T 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 & 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
5:45-6:55 pm • All Levels Yoga
5:45-6:45 pm • Radiant 60 HOT Flow
7:00-8:00 pm • Radiant HOT Essentials 😊

W 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

TH 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 😊

F 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 Flow 😊
10:30-11:30 am • Radiant 60 HOT Flow
4:15-5:15 pm • Radiant HOT Essentials 😊
5:30-6:30 pm • Radiant HOT Happy Hour

SA 8:30-9:45 am • Radiant 75 HOT Flow
9:00-10:15 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 😊

SU 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 😊



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go in ...

... peace out

