

CHANDLER

M

8:30-9:30 am • Radiant HOT Essentials 😊
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
5:30-6:30 pm • Radiant 60 HOT Flow
6:00-7:10 pm • Level 1-2

T

9:00-10:10 am • Level 1-2
10:30-11:55 am • Yin/Restorative 😊
4:15-5:15 pm • Radiant Warm Yin 😊
4:30-5:40 pm • Level 1-2
5:30-6:30 pm • Radiant 60 HOT Flow
6:00-7:10 pm • Level 1 😊

W

8:30-9:30 am • Radiant 60 HOT Flow
9:00-10:10 am • Level 1 😊
10:30-11:30 am • Radiant Warm Yin 😊
4:30-5:30 pm • Radiant 60 HOT Flow
4:45-5:55 pm • Level 1 Flow
6:00-7:00 pm • Radiant Warm Yin 😊
6:15-7:25 pm • Level 1-2

TH

9:00-10:10 am • Level 1-2
4:30-5:40 pm • Level 1-2
5:30-6:30 pm • Radiant HOT Essentials 😊
6:00-7:10 pm • Level 1 😊

F

9:15-10:25 am • HEY: Radiant HOT Core
Strength & Stretch with CSR
10:30-11:40 am • Level 1 Flow 😊
4:30-5:30 pm • Radiant 60 HOT Flow
5:00-6:10 pm • Yin

SA

8:00-9:25 am • Power
8:30-9:30 am • Radiant 60 HOT Flow
9:30-10:40 am • 1-2 Flow and Unwind
9:45-10:45 am • Radiant Warm Yin 😊
11:00 am-12:10 pm • Level 1 😊
11:15 am-12:25 am • Prenatal
3:45-4:55 pm • Level 1-2

SU

8:45-9:55 am • HEY: Feeling Good from the Inside Out 😊
9:30-10:30 am • Radiant 60 HOT Flow
10:00-11:10 am • Level 1-2
3:30-4:30 pm • Radiant HOT Essentials 😊
3:45-5:10 pm • Yin/Restorative 😊

TEMPE

M

6:30-7:45 am • Slow Yin-Yang Flow 😊
9:00-10:10 am • Level 1 😊
9:00-10:15 am • Warm Radiant Yang Flow + Yin
10:30-11:30 am • Radiant Warm Yin 😊
5:00-6:00 pm • Radiant 60 HOT Flow
6:15-7:25 pm • Level 1-2

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 😊
4:45-5:45 pm • Radiant 60 HOT Flow
5:15-6:25 pm • HEY: Core Strength & Stretch with CSR
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 • Slow Yin-Yang Flow 😊
9:00-10:10 am • Level 1-2
10:00-11:00 am • Radiant 60 HOT Flow
10:30-11:40 am • Level 1 😊
5:00-6:00 pm • Radiant HOT Essentials 😊
5:15-6:30 pm • Slow Yin-Yang Flow + Nidra 😊
6:15-7:15 pm • Radiant 60 HOT Flow
6:15-7:25 pm • Prenatal

TH

6:00-7:00 am • Radiant 60 HOT Flow
7:30-8:45 am • Yin-Yang Flow
9:00-10:15 am • Radiant 75 HOT Flow
10:30-11:55 am • Yin/Restorative 😊
4:45-5:45 pm • Radiant 60 HOT Flow
4:45-5:55 pm • Level 1-2
4:45-5:55 pm • KIDS Yoga (COMING in JAN!)
6:30-7:55 pm • Restorative 😊

F

6:30-7:45 am • Slow Yin-Yang Flow 😊
9:00-10:15 am • Radiant 75 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
5:15-6:15 pm • Radiant 60 HOT Flow
5:30-6:40 pm • Candlelight Relax + 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

SU

8:30-9:30 am • Radiant HOT Essentials 😊
9:00-10:10 am • 1-2 Flow and Unwind
10:00-11:45 am • Kundalini (STARTS Dec. 2!)
10:30-11:40 am • Level 1 😊
10:30-11:45 am • Radiant 75 HOT Flow
3:30-4:40 pm • Level 1-2

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 HOT Essentials 😊
9:15-10:25 am • HEY: Core Strength & Stretch with CSR
10:30-11:30 am • Radiant Warm Yin 😊
12:00-1:00 pm • Level 1-2
4:30-5:30 pm • Radiant 60 HOT Flow
5:45-6:55 pm • Candlelight Flow + Nidra 😊
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 😊
4:30-5:30 pm • Radiant HOT Essentials 😊
5:30-6:40 pm • Yin Yang Flow
6:15-7:15 pm • Radiant 60 HOT Flow
6:45-7:55 pm • Yin/Restorative 😊

TH
9:00-10:15 am • Radiant 75 HOT Flow
10:30-11:30 am • Radiant Warm Yin 😊
4:30-5:30 pm • Radiant 60 HOT Flow
5:45-6:45 pm • Radiant 60 HOT Flow
6:30-7:45 pm • Yin + Nidra 😊

F
6:00-7:00 am • Radiant 60 HOT Flow
9:00-10:15 am • Radiant 75 HOT Flow
9:15-10:30 am • Level I Flow 😊
10:30-11:30 am • Radiant 60 HOT Flow
4:30-5:30 pm • Radiant HOT Essentials 😊
5:00-6:10 pm • Level 1-2

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
8:30-9:45 am • Radiant 75 HOT Flow
9:00-10:25 am • HEY Core Stress Release + Nidra
10:30-11:30 am • Radiant Warm Yin 😊
1:30-2:55 pm • IVY Radiant HOT 26 😊

11/6/18



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go in ...

... peace out

