



HAIGHT SCHEDULE

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



MISSION SCHEDULE

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