



## Kaivalya Spring 2012 Class Schedule

<b>Monday</b>	<p>8:00 - 9:00am – Heated Morning Flow \$8</p> <p>5:15 - 6:25pm – Ashtanga Flow</p> <p>7:00 - 8:30pm – Hot Detox Yoga (<i>Bikram</i>)</p> <p>8:45 - 9:55pm – Hot Power Flow</p>
<b>Tuesday</b>	<p>8:00 - 9:00am – Mad Yogi Morning Flow \$8</p> <p>12:00 - 1:00pm – Lunchtime Power Hour</p> <p>5:15 - 6:25pm – Hot Power Flow</p> <p>7:00 - 8:10pm – Core Power Sculpt</p> <p>8:45 - 9:55pm – Vinyasa Nights</p>
<b>Wednesday</b>	<p>8:00 - 9:00am – Heated Morning Flow \$8</p> <p>12:00 - 1:00pm – Lunchtime Power Hour</p> <p>5:15 - 6:25pm – Power Flow \$8</p> <p>7:00 - 8:30pm – Hot Detox Yoga (<i>Bikram</i>) \$8</p> <p>8:45 - 9:55pm – Hot Power Flow \$8</p>
<b>Thursday</b>	<p>8:00 - 9:00am - Mad Yogi Morning Flow \$8</p> <p>12:00 - 1:00pm – Lunchtime Power Hour</p> <p>3:30 - 4:40pm – Mad Yogi Flow</p> <p>5:15 - 6:25pm – Hot Power Flow</p> <p>7:00 - 8:10pm – Core Power Sculpt</p> <p>8:45 - 9:55pm – Vinyasa Nights</p>
<b>Friday</b>	<p>8:00 - 9:00am – Heated Morning Flow \$8</p> <p>3:30 - 4:40pm – Mad Yogi Flow</p> <p>5:15 - 6:25pm – Hot Power Flow</p> <p>7:00 - 8:10pm – Power Flow</p>
<b>Saturday</b>	<p>12:30 - 1:40pm – Power Flow</p> <p>3:30 - 4:40pm - Core Power Sculpt</p> <p>5:15 - 6:25pm – Hot Power Flow</p> <p>7:00 - 8:10pm – Mad Yogi Flow</p>
<b>Sunday</b>	<p>10:30 - 12:00pm – Yoga Church</p> <p>12:00 - 2:00pm – Special Events (<i>see website</i>)</p> <p>2:30 - 3:40pm – Mad Yogi Flow</p> <p>5:15 - 6:25pm – Power Flow</p> <p>7:00 - 8:10pm – Mandala Flow</p> <p>8:45 - 9:55pm – Hot Power Flow</p>

- Schedule is subject to change. Please visit <http://www.kaivalya-yoga.com/schedule> for an updated schedule and information about Workshops/Special Events.

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