

## Green Room Schedule (Heated Practices)

	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM	Vinyasa 6:30 - 7:30	Vinyasa 6:30 - 7:30	Vinyasa 6:30 - 7:30	Vinyasa 6:30 - 7:30	Vinyasa 6:30 - 7:30	Vinyasa 7:45 - 8:45	
AM	Vinyasa 9:30 - 10:30	Power Yoga 9 - 10	Vinyasa 9:30 - 10:30	Power Yoga 9 - 10	Power Yoga 9:30 - 10:30	Power Yoga 9 - 10	Vinyasa 9 - 10:15
Before Noon						Power 10:30 - 11:45	Vinyasa Flow 10:30 - 11:45
Noon	Power Yoga 12 - 1		Power Yoga 12 - 1		Power Yoga 12 - 1		
Late Afternoon	Vinyasa 5 - 6:15	Vinyasa 5 - 6:15	Vinyasa 5 - 6:15	Vinyasa 5 - 6:15	Vinyasa 5 - 6:15		
Early Evening	Power Fusion 6:30 - 7:45	Vinyasa Flow 6:30 - 7:45	Vinyasa 6:30 - 7:45	Power Fusion 6:30 - 7:45	Intro to Yoga Community Class 6:30 - 7:30 <b>Starts 2/19</b>		
Evening	Power 8 - 9	Vinyasa 8 - 9:15	Power 8 - 9	Power Yoga 8 - 9			

## Blue Room Schedule

	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	Hatha Hot Stone 9:15 - 10:30		Vinyarestore 9:15 - 10:30		Hatha Hot Stone 9:15 - 10:30	Zumba 9 - 10	
Before Noon						Yin to Nidra 10:15 - 11:15	Hatha Hot Stone 10:30 - 12
Noon		Power Yoga 12 - 1		Power Yoga 12 - 1		Vinyasa 12 - 1	
Late Afternoon			Gentle Yoga 5:15 - 6:15				Vinyarestore 4 - 5:15
Early Evening	Vinyasa 6:30 - 7:45	Gentle Yoga 6:30 - 7:30	Vinyasa 6:30 - 7:45	Gentle Yoga 6:30 - 7:30	Vinyasa 6:30 - 7:45		
Evening			Intro to Yoga Community Class 8 - 9 <b>Starts 2/17</b>				



**WorldsYoga**

### Rates & Memberships:

New to Worlds Yoga, 10 Consecutive Days for \$20

Class Drop-In: \$15

Zumba Drop-In: \$12

Student/Senior Discount: 25%

5 Class Pass: \$70

30 Class Pass: \$300

10 Class Pass: \$120

60 Class Pass: \$540

- Arrive 15 minutes early for class

- Practice on an empty stomach

20 Class Pass: \$220

Worlds Yoga Membership: \$99/month (3 month commitment, with auto renewal)

One Month Unlimited: \$119

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