



Current Schedule

<u>M</u>	<u>T</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>S</u>	<u>SU</u>
	*6:30am Warm Flow	6:30am Bikram X	6:30am Vinyasa	6:30am Bikram X		
8:00am Bikram	*8:00am Warm Flow	8:00am Vinyasa	8:00am Vinyasa	8:00am Vinyasa	8:00am Vinyasa	
						9:00am Fusion
					10:00am Fusion	
*12:00 Pilates		*12:00pm Warm Flow	*12:00 Pilates	*12:00pm Warm Flow		
4:30pm Vinyasa		4:30pm Vinyasa				
	*5:30pm Forrest		*5:30pm Roll Asana			*6:00pm Style Varies

*CLASS DESCRIPTIONS WITH AN * ARE WARM, NOT HOT

Bikram

The original hot yoga, 26 static postures, suitable for all levels. 75 min. (Bikram X = 60 min)

Vinyasa

This class is a warm to hot flow class. All levels. 60-75 min

Fusion

Bikram interlaced w/Vinyasa postures to get the body warmed up. All levels. 60-75 min

*Forrest/Restore

More gentle: focus on breathing, holding postures longer, awareness. Warm room. 75 min

Roll Asana

½ hour of foam rolling work to stretch, release fascia, improve circulation followed by 45 min. yoga

*Pilates

Mat technique & props to strengthen core, increase balance, restore flexibility in the spine. 60 min

*Warm Flow

Vinyasa in a room temperature to warm room. 60 min.

SUNDAY 6pm CLASS – Rotates between Singing Bowl Meditations with Ben, Kundalini with Mindy, and Restorative...see MINDBODY or studio postings for current class of the week

ALL CLASSES ARE PURPOSELY SUITED TO ALL LEVELS/AGES/ABILITIES. ANYONE CAN DO IT!

Any Questions, please Contact Us at www.sandpointhyoga.com or 208.946.7646