



# 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 Bikram	6:30am Vinyasa	6:30am Bikram	6:30am Vinyasa		
8:30am Vinyasa	8:30am Vinyasa	8:30am Vinyasa	8:30am Vinyasa	8:30am Vinyasa	8:00am Vinyasa	
						9:00am Bikram
					10:00am Fusion	
*12:00 Pilates	*12:00pm Warm Flow	*12:00 Pilates	*12:00pm Warm Flow	*12:00pm Warm Flow		
		KIDS YOGA	KIDS YOGA			
4:15pm Vinyasa		4:15pm Bikram			*4:15pm Restore	
	5:15 Schweitzer		*5:30pm Kundalini			
6:00pm Bikram						

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

**\*FOR THOSE WHO DON'T LIKE HIGH HEAT, CLASS DESCRIPTIONS WITH A \* ARE WARM, NOT HOT**

## CLASS DESCRIPTIONS

**Bikram:** The original hot yoga, 26 static postures, suitable for all levels

**Vinyasa:** This class is a warm to hot flow class...physical practice moving w/breath. All levels

**\*Warm Flow:** Lunch hour Vinyasa in a room temperature to warm room. 60 min

**Fusion:** Bikram interlaced w/Vinyasa postures to get the body warmed up. All levels

**\*Forrest:** Internally focused practice on breath, strength & core awareness, practicing w/integrity

**\*Kundalini:** Uplifting spiritual/physical practices incorporating breathing techniques, chanting, and asana

**\*Pilates:** Mat technique & props to strengthen core, increase balance, restore flexibility in the spine

**\*Restore:** A soothing, restorative practice. Longer held postures to relax & rejuvenate.

**Intro Yoga:** 90 min Bikram based yoga. Geared for beginners to hot yoga but suitable for the advanced practitioner who craves the full 90 minute session.

*Any Questions, please Contact Us at [www.sandpointhyoga.com](http://www.sandpointhyoga.com) or 208.946.7646*