



13050 San Vicente Blvd #202 Los Angeles, CA 90049  
 Studio: 310-260-2556 [www.aziamyoga.com](http://www.aziamyoga.com)

**MONDAY**

6:00-7:00am	Yoga™	Ryan O.
7:30-8:30am	Heated Vinyasa Yoga	Alanna
8:30-9:00am	Meditation 30*	Alanna
9:15-10:25am	All Levels Yoga	Stephen
10:30am-11:45am	Morley Yoga 2/3	Tom
12:00pm-1:00pm	Pre-Natal Yoga	Emily
1:00pm-2:00pm	Vinyasa Flow Yoga \$10	Jenny
2:00-3:00pm	Mind Travel® Meditation	Recorded
3:30-4:25pm	Kids Hip Hop Yoga	Alanna
4:30-5:45pm	All Levels Yoga	Carrie
6:00-7:00pm	Morley Yoga 2/3	Tom
7:15-8:15pm	Yoga Barre™ Sculpt	Alanna
8:30-9:30pm	HypnoYoga™ Restorative	Barbara

**TUESDAY**

6:00-7:00am	Heated Vinyasa Yoga	Alanna
7:15-8:15am	Yoga Barre™ Sculpt	Alanna
9:15-10:25am	All Levels Yoga	Diane
10:30am-11:45am	Vinyasa Yoga 2/3	Alanna
12:00-1:00pm	Mind Travel® Meditation	Recorded
1:00pm-2:00pm	Vinyasa Flow Yoga \$10	Amy
2:00pm-2:45pm	Sound Bath Recharge™ \$10	Amy
3:30pm-4:15pm	Tween/Teen Hip Hop Yoga	Jessica
4:30-5:45pm	All Levels Yoga	Ryan B.
6:00-7:15pm	Vinyasa Flow Yoga 2/3	Kishan
7:30-8:30pm	Vinyasa All Levels	Amanda

**WEDNESDAY**

6:00-7:00am	House of Core™ Yoga	Alanna
7:30-8:30am	Heated Vinyasa Yoga	Alanna
8:30-9:00am	Meditation 30*	Alanna
9:15-10:25am	All Levels Yoga	Stephen
10:30am-11:45am	Morley Yoga 2/3	Tom
12:00pm-1:00pm	Yoga Ballers™	Sarah
1:00pm-2:00pm	Vinyasa Flow Yoga \$10	Stephen
2:00-3:00pm	Mind Travel® Meditation	Recorded
3:30-4:25pm	Kids Hip Hop Yoga	Ashley W.
4:30-5:55pm	All Levels Yoga	Carrie
6:00-7:00pm	Vinyasa Flow Yoga	Ashley S.
7:15-8:15pm	Yoga Barre™ Sculpt	Alanna
8:30-9:30pm	HypnoYoga™ Restorative	Megan

= Heated (90 degrees max)

**THURSDAY**

6:00-7:00am	Heated Vinyasa Yoga	Alanna 🔥
7:15-8:15am	Yoga Barre™ Sculpt	Alanna 🔥
9:15-10:25am	All Levels Yoga	Diane
10:30am-11:45am	Vinyasa Yoga 2/3	Alanna
12:00-1:00pm	Mind Travel® Meditation	Recorded
1:00pm-2:00pm	Vinyasa Flow Yoga \$10	Amy
2:00pm-2:45pm	Sound Bath Recharge™ \$10	Amy
4:30-5:45pm	All Levels Yoga	Ryan B.
6:00-7:15pm	Vinyasa Flow Yoga 2/3	Kishan 🔥
7:30-8:30pm	Vinyasa All Levels	Amanda

**FRIDAY**

6:00-7:00am	House of Core™ Yoga	Alanna 🔥
7:30-8:30am	Heated Vinyasa Yoga	Alanna 🔥
8:30-9:00am	Meditation 30*	Alanna
9:15-10:25am	All Levels Yoga	Stephen
10:30am-11:45am	Morley Yoga 2/3	Tom
12:00pm-1:00pm	Yoga Ballers™	Sarah
1:00pm-2:00pm	Vinyasa Flow Yoga \$10	Stephen
2:00-3:00pm	Mind Travel® Meditation	Recorded
3:30-4:25pm	Kids Hip Hop Yoga	Jessica
4:30-5:55pm	All Levels Yoga	Carrie
6:00-7:00pm	Vinyasa Flow Yoga	Alanna
7:00-7:30pm	Meditation 30*	Alanna

**SATURDAY**

7:30-8:30am	House of Core™ Yoga	Alanna 🔥
8:30-9:00am	Meditation 30*	Tom
9:00-10:15am	Morley Yoga 2/3	Tom
10:30am-11:45pm	Vinyasa Flow 2/3	Alanna
12:30am-2pm	Improv Yoga™	Navaris
2:30-3:15pm	Family Affair™ Yoga	Jessica
4:00-5:15pm	Vinyasa Flow Yoga	Amanda
5:15-5:30pm	Binaural Sound Meditation*	Amanda
5:30-6:45pm	Slow Flow	Megan
7:30-8:30pm	DJ Sol Rising Yoga	DJ Sol Rising
8:30-10:30pm	Shakti House™ Party	DJ Sol Rising

**SUNDAY**

8:30-9:00am	Meditation 30*	Tom
9:00-10:15am	Morley Yoga 2/3	Tom
9am-9pm	One Day Detox™ Retreat	AZIAM Staff
10:30-11:45am	Vinyasa Flow Yoga 2/3	Kishan 🔥
4:00-5:15pm	All Levels Flow Yoga	Trevor
5:15-5:45pm	Binaural Sound Meditation*	Tom
5:45-6:45pm	Morley Yoga 2/3	Tom
7:00-8:00pm	Restorative Yoga	Alanna
8:00-8:30pm	I AM Meditation	Alanna

🔥 = Heated (90 degrees max)