



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	House of Core™ Vinyasa 2/3	Alanna 🔥
7:00-9:00am	Heated Vinyasa Yoga	Alanna 🔥
9:00-9:15am	Meditation 15*	Stephen B.
10:15-10:25am	All Levels Yoga	Stephen B.
11:30am-11:45am	Morley Yoga 2/3	Tom
12:00pm-2:00pm	Flow Yoga Hour \$10	Jenny
2:00-3:00pm	Mind Travel® Meditation	Recorded
3:30-4:15pm	Kids Hip Hop Yoga	Cassie
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**

7:15-8:15am	Yoga Barre™ Sculpt	Alanna 🔥
10:15-10:25am	All Levels Yoga	Diane
11:30am-11:45am	House of Core™ Vinyasa 2/3	Alanna
12:00pm-2:00pm	Flow Yoga Hour \$10	Amy
2:00pm-2:45pm	Sound Bath Recharge™ \$10	Amy
3:30-5:45pm	Tween / Teen Hip Hop Yoga	Cassie
6:00-7:15pm	Vinyasa Flow Yoga 2/3	Kishan 🔥
8:30-8:30pm	Vinyasa All Levels	Diana

**WEDNESDAY**

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

**THURSDAY**

7:15-8:15am	Yoga Barre™ Sculpt	Alanna 🔥
10:15-10:25am	All Levels Yoga	Diane
11:30am-11:45am	House of Core™ Vinyasa 2/3	Alanna
12:00pm-2:00pm	Flow Yoga Hour \$10	Amy
2:00pm-2:45pm	Sound Bath Recharge™ \$10	Amy
3:30-5:45pm	Tween / Teen Hip Hop Yoga	Cassie
6:00-7:15pm	Vinyasa Flow Yoga 2/3	Kishan 🔥
8:30-8:30pm	Vinyasa All Levels	Diana

🔥 = Heated (90 degrees max)

### **WEDNESDAY**

10-7:00am	House of Core™ Vinyasa 2/3	Alanna 🔥
10-9:00am	Heated Vinyasa Yoga	Alanna 🔥
10-9:00am	Meditation 30*	Stephen B.
11-10:25am	All Levels Yoga	Stephen B.
11:30am-11:45am	Morley Yoga 2/3	Tom
12:00pm-2:00pm	Flow Yoga Hour \$10	Jenny
12-3:00pm	Mind Travel® Meditation	Recorded
130-5:45pm	All Levels Yoga	Carrie
140-7:00pm	Vinyasa Flow Yoga	Alanna
140-7:30pm	Meditation 30*	Alanna

### **THURSDAY**

130-8:30am	Reboot™ Yoga	Ryan O. 🔥
130-9:00am	Meditation 30*	Tom
140-10:15am	Morley Yoga 2/3	Tom
11:30am-11:45pm	Vinyasa Flow Yoga	Alanna
11:30am-1:30pm	Family Affair™	Cassie
130-3:30pm	All Levels Foundations Yoga	Ryan B.
140-5:15pm	All Levels Flow Yoga	Alanna
15-5:30pm	Binaural Sound Meditation*	Alanna
130-6:45pm	Slow Flow	Diana
130-8:30pm	Live DJ Yoga	DJ Sol Rising
130-10:30pm	Shakti House™ Party	DJ Sol Rising

### **FRIDAY**

130am-8:30pm	One Day Detox™ Retreat	AZIAM Staff
140-10:15am	Defying Gravity Vinyasa	Stephen W.
11:15-10:30am	Meditation 15*	Kishan
11:30-11:45am	Vinyasa Flow Yoga 2/3	Kishan
130pm-3:30pm	Family Affair™	Cassie
140-5:15pm	All Levels Flow Yoga	Diane
15-5:45pm	Binaural Sound Meditation*	Tom
145-6:45pm	Morley Yoga 2/3	Tom
140-8:00pm	The Roll Model™ Restorative	Sarah

🔥 = Heated (90 degrees max)

### **MONTHLY EVENTS**

**One Day Detox™ Day Retreat:** every THIRD Sunday

**Wind Trip™ Holotropic Sound Bath:** every THIRD Sunday

**Themed Shakti House™ Party:** every THIRD Saturday

**Modern Goddess™ Night:** every FIRST Friday

Email [info@aziam.com](mailto:info@aziam.com) for details