



13050 San Vicente Blvd #202 Brentwood, CA 90049
Studio Phone: 310-260-2556

MONDAY

5:30-6:00am	Meditation 30*	Alanna 🔥
6:00-7:00am	House of Core™ Vinyasa	Alanna 🔥
8:00-9:00am	Music Infused Vinyasa	Alanna 🔥
9:00-10:15am	Power Vinyasa Yoga	Stephen B.
10:30am-11:45am	Music Infused Vinyasa	Tom
1:00pm-2:00pm	Flow Yoga Hour \$10	Diana
2:00-3:00pm	Mind Travel® Meditation	Recorded
3:30-4:15pm	Kids Hip Hop Yoga	Ashley
4:30-5:30pm	Teen / Tween Hip Hop Yoga	Ashley
5:45-6:00pm	Meditation 15*	Tom
6:00-7:00pm	Music Infused Vinyasa	Tom
7:15-8:15pm	Yoga Barre™ Sculpt	Alanna 🔥
8:30-9:30pm	Relax Deeply Yin Restorative	Kali

TUESDAY

8:00-9:00am	Yoga Barre™ Sculpt	Alanna 🔥
9:00-10:15am	All Levels Vinyasa Yoga	Diane
10:30am-11:45am	Music Infused Vinyasa	Trevor
11:30pm-12:10pm	PSY™ Fit (Plate Slide Yoga)	PF / AZIAM
11:50pm-12:30pm	PSY™ Fit (Plate Slide Yoga)	PF / AZIAM
12:10pm-12:50pm	PSY™ Fit (Plate Slide Yoga)	PF / AZIAM
1:00pm-2:00pm	Flow Yoga Hour \$10	Amy
2:00pm-2:45pm	Sound Bath Recharge™ \$10	Amy
4:30-5:45pm	All Levels Vinyasa Flow	Molly
6:00-7:15pm	Power Vinyasa Flow	Kishan 🔥
7:30-8:45pm	Music Infused Vinyasa	Diana

WEDNESDAY

5:30-6:00am	Meditation 30*	Alanna 🔥
6:00-7:00am	House of Core™ Vinyasa	Alanna 🔥
8:00-9:00am	Music Infused Vinyasa	Alanna 🔥
9:00-10:15am	Power Vinyasa Yoga	Stephen B.
10:30am-11:45am	Music Infused Vinyasa	Tom
1:00pm-2:00pm	Flow Yoga Hour \$10	Amy
2:00-3:00pm	Mind Travel® Meditation	Recorded
3:30-4:15pm	Kids Hip Hop Yoga	Jessica
4:30-5:45pm	All Levels Vinyasa Flow	Carrie
5:45-6:00pm	Meditation 15*	Carrie
6:00-7:00pm	Music Infused Vinyasa	Alanna
7:15-8:15pm	Yoga Barre™ Sculpt	Alanna 🔥
8:30-9:30pm	Relax Deeply Restorative	Kali

THURSDAY

8:00-9:00am	Yoga Barre™ Sculpt	Alanna 🔥
9:00-10:15am	All Levels Vinyasa Yoga	Diane
10:30am-11:45am	Music Infused Vinyasa	Trevor
11:30pm-12:10pm	PSY™ Fit (Plate Slide Yoga)	PF / AZIAM
11:50pm-12:30pm	PSY™ Fit (Plate Slide Yoga)	PF / AZIAM

12:10pm-12:50pm	PSY™ Fit (Plate Slide Yoga)	PF / AZIAM
1:00pm-2:00pm	Flow Yoga Hour \$10	Amy
2:00pm-2:45pm	Sound Bath Recharge™ \$10	Amy
4:30-5:45pm	All Levels Vinyasa Flow	Molly
6:00-7:15pm	Power Vinyasa Flow	Kishan 🔥
7:30-8:45pm	Music Infused Vinyasa	Diana
FRIDAY		
5:30-6:00am	Meditation 30*	Alanna 🔥
6:00-7:00am	House of Core™ Vinyasa	Alanna 🔥
8:00-9:00am	Music Infused Vinyasa	Alanna 🔥
9:00-10:15am	Power Vinyasa Yoga	Stephen B.
10:30am-11:45am	Music Infused Vinyasa	Tom
1:00pm-2:00pm	Flow Yoga Hour \$10	Diana
2:00-3:00pm	Pay It Forward – CLK Yoga	AZIAM Staff
4:30-5:45pm	All Levels Vinyasa Flow	Carrie
5:45-6:00pm	Meditation 15*	Carrie
6:00-7:00pm	Music Infused Vinyasa	Alanna
SATURDAY		
7:30-8:30am	House of Core™ Vinyasa	Diana 🔥
8:30-9:00am	Meditation 30*	Tom
9:00-10:15am	Music Infused Vinyasa	Tom
10:30-11:45pm	Power Vinyasa Flow	Kishan
4:00-5:15pm	All Levels Vinyasa Flow	Carrie
5:15-5:30pm	Binaural Sound Meditation*	Alanna
5:30-6:45pm	Slow Flow	Alanna
7:30-8:30pm	Live DJ Yoga	DJ Sol Rising
8:30-10:30pm	Shakti House™ Party	DJ Sol Rising
SUNDAY		
9:00-10:15am	Defying Gravity Vinyasa 3	Stephen W.
10:15-10:30am	Meditation 15*	Stephen W.
10:30-11:45am	Music Infused Vinyasa	Alanna
2:30pm-3:30pm	Family Affair™	Jessica
4:00-5:15pm	All Levels Vinyasa Flow	Trevor
5:15-5:45pm	Binaural Sound Meditation*	Tom
5:45-6:45pm	Music Infused Vinyasa	Tom
7:00-8:00pm	The Roll Model™ Restorative	Sarah

🔥 = Infrared Heat (85-90° max)

MONTHLY EVENTS

One Day Detox™ Day Retreat: every THIRD Sunday

Mind Trip™ Holotropic Sound Bath: every THIRD Sunday

Themed Shakti House™ Party: every THIRD Saturday

Modern Goddess™ Circle: every FIRST Friday

Foundations Intensive: email info@aziam.com

AZIAM Teacher Trainings: email info@aziam.com

www.aziamyoga.com