




# Oski Group Exercise Time



<b>6:00-7:00am</b>			Radiant Flow				
<b>7:15-8:15am</b>	Yin	Hatha 	Vin Flow	Hatha	Hatha		
<b>7:45-8:30am</b>							
<b>8:30-9:30am</b>						Hatha Yoga L1/2	Hot Yoga



# Oski Group Exercise Time



<b>9:35-10:30am</b>						Restorative	Yin
<b>12:00-12:50pm</b>	Level 2 Yoga	Vinyasa	Vinyasa Flow	Vinyasa	Vinyasa		
<b>1:10-2pm</b>	Vinyasa L1	Vinyasa L1	Sound Bath Healing	Yin	Vinyasa L1		
<b>4:30-5:40pm</b>							Vinyasa
<b>5:15-6pm</b>	Vinyasa Express	Vinyasa Express	Vinyasa Express	Vinyasa	Hot Yoga		
<b>6:10-7pm</b>	Vinyasa Flow	Vinyasa Flow	Function and Flexibility	Yin			
<b>6:20-7:20pm</b>					Yin		
<b>7:25-7:55pm</b>					Sound Bath Healing		
<b>7.05-7:35pm</b>	Meditation						
Please bring your own yoga or hire one of our LovEarth 100% natural yoga mat for \$2!							

