



HAIGHT DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 AM	ALEX Vinyasa	TONY Power Flow	ALEX Vinyasa	TONY Power Flow			
9:00 - 10:00 AM	AXEL Vinyasa		YVONNE Vinyasa		NIKITA Vinyasa		
9:00 - 10:15 am		BRENNA Slow Medicine Flow		BRENNA Slow Medicine Flow			
9:30- 10:30 pm						NAT Vinyasa	JACK Vinyasa
10:30- 11:30 pm	HARVEY D. Yoga Therapeutics		HARVEY D. Yoga Therapeutics				
11:00 - 12:15 pm						JACQUI Vinyasa	DAVID Vinyasa
12:00 - 1:00 pm	SHANNON Vinyasa	NIKITA Power Flow	JENNY Power Flow	NIKITA Power Flow	JENNY Vinyasa		
4:30 - 5:45 pm	REBECCA Vinyasa	RACHEL Vinyasa	CRYSTAL H. Flow and Restore	JACK Vinyasa	AXEL Vinyasa	SHANNON Vinyasa	REGAN Vinyasa
6:15 - 7:30 pm	NAT Vinyasa	ASHLEY Vinyasa	DANNI Vinyasa	JACQUI Vinyasa	REGAN Vinyasa		CRYSTAL H. Nidra + Restorative
8:00 - 9:00 pm	JACQUI Vinyasa/Hatha	CINDY Nidra + Soundbath	JACQUI Flow + Soundbath	CAITLIN Flow + Restore			



MISSION DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am	NATAYLA Power Flow	MELINDA Power Flow	KI Power Flow	REGAN Power Flow			
9:00 - 10:00 am	CHRISTINE C. Hatha		CHRISTINE C. Hatha		JUAN Hatha		
9:00 - 10:15 am		KRISTEN Vinyasa		KRISTEN Vinyasa			
9:00 - 10:30 am						JEREMY Vinyasa	YVONNE Vinyasa + Med
11:00 - 12:15 pm						RACHEL Vinyasa	ANNIE Smart Flow
12:00 - 1:00 pm	FRAN Power Flow	SUZANNE Power Flow	FRAN Power Flow	SUZANNE Power Flow	RACHEL Vinyasa		
4:30 - 5:45 pm	DAVID Vinyasa	NAT Vinyasa	JUAN Hatha	YVONNE Vinyasa	SUZANNE Vinyasa	CHRISTINE Hatha	ASHLEY Vinyasa
6:15 - 7:30 pm	JANET Vinyasa	YVONNE Vinyasa	JEREMY Vinyasa	KI Vinyasa	DAVID Vinyasa Level 2/3		RACHEL Flow Restore
8:00 - 9:00 pm	ALEXANDRA Candle Light Flow		ALEXANDRA Candle Light Flow				