

QuantumYogaClub.com

Winter Semester Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Q90		Q90		Q90		
6:30 AM		Q60		Q60			
8:00 AM							Q90 <small>new</small>
9:30 AM	Q90		Q90		Q90		
10:00 AM		Warm Flow <small>new</small>		Hot Pilates w/ Maria <small>new</small>		Q90	Hot Pilates
12:00 PM	Q60	Q60	Q60	Q60	Q60	Q60	Q60
2:00 PM						Warm Flow <small>new</small>	
4:00 PM	Q60 <small>new</small>		Q60 <small>new</small>		Q60	Q60	Q90
5:30 PM	Q90	Q90	Q90	Q90	Yin		
6:00 PM							Yin
7:30 PM	Q60	Yin	Q60	Q60			

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Classes subject to change without notice.
Always check quantumyogaclub.com