

QuantumYogaClub.com

6-Week Teacher Training Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Q90		Q90		Q90		
6:30 AM		Q60		Q60			
8:00 AM						Raja 90 new	Advanced new
9:00AM	Raja 90 new	Raja 90 new	Raja 90 new	Raja 90 new	Raja 90 new		
10:00 AM						Q90	Q90 new
12:00 PM	Q60	Q60	Q60	Q60	Q60	Q60	Q60
2:00 PM		Warm Flow new		Hot Pilates new		Warm Flow	Hot Pilates new
4:00 PM	Raja 90 new	Q60 new	Raja 90 new	Q60 new	Raja 90 new	Q60	Q90
5:30 PM		Q90		Q90			
6:00 PM	Q60 new		Q60 new		Yin new		Yin
7:30 PM	Q60	Yin	Q60	Q60			

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