

QuantumYogaClub.com

FALL SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Q90	Q60	Q90	Q60	Q90		
6:30 AM							
8:00 AM						Q90	
9:30AM	Q90	Q90	Q90	Q90	Q90		
10:00 AM						Q90	Q90
12:00 PM	Q60	Q60	Q60	Q60	Q60	Q60	Q60
2:00 PM						Warm Flow	Hot Pilates
4:00 PM	Q60	Q60	Q60	Q60	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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Long weekends & holidays may affect this schedule.
Classes subject to change without notice.
Always check QuantumYogaClub.com