



FEBRUARY AT YOGA MUSE

01		02		03		04		05		06		07	
8:30	mat Pilates	8:15	YM sculpt	7:00	rise&shine	8:00	align & unwind	7:00	rise & shine	8:15	dynamic practice	8:30	dynamic practice
9:45	intro to Pilates	9:30	root practice	9:30	dynamic practice	9:30	mat Pilates	9:30	dynamic practice	9:30	root practice	9:45	Postnatal Yoga
11:00	dynamic practice			11:00	align & unwind							11:00	peak practice
6:00	intro to yoga	4:30	dynamic practice	3:30	supported Pilates	6:30	YM sculpt	6:15	dynamic practice	6:15	root practice		
7:30	rest & reflect	6:15	root practice	5:15	mat Pilates	7:30	dynamic practice	7:30	stretch lab	7:30	rest&reflect	12:15	yoga en español
7:30		7:30	stretch lab	6:15	classical Pilates								
				7:30	root practice								
08		09		10		11		12		13		14	
8:30	mat Pilates	8:15	YM sculpt	7:00	rise&shine	8:00	align & unwind	7:00	rise & shine	8:15	dynamic practice	8:30	dynamic practice
9:45	intro to Pilates	9:30	root practice	9:30	dynamic practice	9:30	mat Pilates	9:30	dynamic practice	9:30	root practice	9:45	Postnatal Yoga
11:00	dynamic practice			11:00	align & unwind							11:00	peak practice
6:00	intro to yoga	4:30	dynamic practice	3:30	supported Pilates	6:30	YM sculpt	6:15	dynamic practice	6:15	root practice		
7:30	rest & reflect	6:15	root practice	5:15	mat Pilates	7:30	dynamic practice	7:30	stretch lab	7:30	rest&reflect	12:15	yoga en español
7:30		7:30	stretch lab	6:15	classical Pilates								
				7:30	root practice								
15		16		17		18		19		20		21	
8:30	mat Pilates	8:15	YM sculpt	7:00	rise&shine	8:00	align & unwind	7:00	rise & shine	8:15	dynamic practice	8:30	dynamic practice
9:45	intro to Pilates	9:30	root practice	9:30	dynamic practice	9:30	mat Pilates	9:30	dynamic practice	9:30	root practice	9:45	Postnatal Yoga
11:00	dynamic practice			11:00	align & unwind							11:00	peak practice
6:00	intro to yoga	4:30	dynamic practice	3:30	supported Pilates	6:30	YM sculpt	6:15	dynamic practice	6:15	root practice		
7:30	rest & reflect	6:15	root practice	5:15	mat Pilates	7:30	dynamic practice	7:30	stretch lab	7:30	rest&reflect	12:15	yoga en español
7:30		7:30	stretch lab	6:15	classical Pilates								
				7:30	root practice								
22		23		24		25		26		27		28	
8:30	mat Pilates	8:15	YM sculpt	7:00	rise&shine	8:00	align & unwind	7:00	rise & shine	8:15	dynamic practice	8:30	dynamic practice
9:45	intro to Pilates	9:30	root practice	9:30	dynamic practice	9:30	mat Pilates	9:30	dynamic practice	9:30	root practice	9:45	Postnatal Yoga
11:00	dynamic practice			11:00	align & unwind							11:00	peak practice
4:30	community class	4:30	dynamic practice	3:30	supported Pilates	6:30	YM sculpt	6:15	dynamic practice	6:15	root practice		
6:00	intro to yoga	6:15	root practice	5:15	mat Pilates	7:30	dynamic practice	7:30	stretch lab	7:30	rest&reflect	12:15	yoga en español
7:30	rest & reflect	7:30	stretch lab	6:15	classical Pilates								
				7:30	root practice								