

MON	TUE	WED	THU	FRI	SAT	SUN
7:00-8:15am Vinyasa/Beatriz (Level 1-2)			6:30-7:30am Vinyasa/Beatriz (Level 1-2)		9:00-10:30am AshtangaPrimary Daylene (Level 2)	9:00-10:30am Anusara/Peter (Level 1-2)
9:30-11:00am Vinyasa/Kelly (Level 1-2)		9:30-11:00am Anusara/Carol (Level 1-2)		9:30-11:00am Anusara/Carol (Level 1-2)	9:00-10:30am Vinyasa/Beatriz (Level 1-2)	9:00-11:00am Mysore/Lisa (Level 1-2)
10:00-11:30am AshtangaElements Patrick (Level 1-2)	9:30-11:00am Vinyasa/Kathleen (Level 1-2)	9:30-11:00am Vinyasa/Kelly (Level 1-2)	9:30-11:00am Ashtanga/Christy (Level 1-2)	9:30-11:00am AshtangaBasics Christy (Level 1)	10:30-12:00pm Kids Yoga Christina	10:30-12:00pm VinyasaWarrior Kelly (Level 2)
12:15-1:15pm AshtangaBasics Christy (Level 1)	12:15-1:15pm Vinyasa/Kathleen (Level 1-2)	12:15-1:15pm Anusara/DeAnna (Level 1-2)	12:15-1:15pm Vinyasa/Beatriz (Level 1-2)	12:15-1:15pm Vinyasa/Kelly (Level 1-2)	10:30-12:00pm Anusara/Jason (Level 1-2)	11:00-12:30pm Anusara/Jason (Level 1-2)
4:45-6:00PM* Prenatal Series DeAnna			12:15-1:30pm* Prenatal Series DeAnna	4:30-5:30pm HappyHour Beatriz (Level 1-2)	12:00-1:30pm YogaBasics/Kelly (Level 1)	12:00-1:30pm YogaBasics/Lisa (Level 1)
6:00-7:30pm Anusara/Peter (Level 1-2)	6:00-7:30pm Vinyasa/Martha (Level 1-2)	6:00-7:30pm Anusara/Peter (Level 1-2)	6:00-7:30pm Vinyasa/Martha (Level 1-2)	5:30-6:45pm AshtangaElements Patrick (Level 1-2)		12:30-1:30pm Kundalini/Marlene Meditation
6:00-7:30pm Ashtanga/Daylene (Level 2)	6:00-7:30pm Ashtanga/Andrea (Level 1-2)	5:30-7:30pm Mysore/Daylene (Level 1-2)	6:00-7:30pm Ashtanga/Andrea (Level 1-2)			
7:30-8:45pm Vinyasa/Martha (Level 1-2)	7:45-9:00pm Anusara/Jason (Level 2)	7:30-8:45pm Vinyasa/Martha (Level 1-2)	7:45-9:00pm Anusara/Jason (Level 2)			
7:30-8:45pm YogaBasics/Susan (Level 1)	7:30-8:45pm AshtangaBasics Andrea (Level 1)	7:30-8:45pm Anusara/Peter (Level 1-2)	7:30-8:45pm AshtangaBasics Andrea (Level 1)		*Prenatal Requires Pre-registration	

CORPO YOGA STUDIO REGULAR PRICES & PACKAGES		
Adult Packages	Price	Reference
Single	\$18	
5 Classes	\$80	\$16 per class
10 Classes	\$150	\$15 per class
20 Classes	\$280	\$14 per class
Adults Unlimited	Price	Reference
Month to Month	\$160	\$13 (3x a week)
3 Months Pre-Paid	\$420	\$140 a month
6 Months Pre-Paid	\$720	\$120 a month
One Year Pre-Paid	\$1290	\$107 a month
Student Packages	Price	Reference
Single	\$17	
5 Classes	\$75	\$15 per class
10 Classes	\$140	\$14 per class
20 Classes	\$260	\$13 per class
Kids Packages	Price	Reference
Single	\$16	
5 Classes	\$70	\$14 per class
10 Classes	\$130	\$13 per class
20 Classes	\$240	\$12 per class

ABOUT THE CLASSES

Anusara®: a moderately paced, flowing class focusing on flexibility, strength, and breath, with a special emphasis on healthy alignment; each class has an inspirational theme designed to create a positive, joyful and uplifting experience.

Ashtanga: a physically challenging class, progressing through the traditional sequence as taught by Sri Pathabbi Jois. Open to anyone who likes a strong practice. Ashtanga builds stamina, strength, and inner discipline.

AshtangaBasics: a more moderate version of the traditional ashtanga practice suitable for students who are new to yoga or are working to improve their Ashtanga practice.

Ashtanga Primary: learn the full Ashtanga primary series. Open to all levels.

Kids Yoga: 3 ½ and older. A Yoga practice with creative and fun games.

Kundalini: A meditation class that combines precise physical and breathing exercises to open the energy channels. Voted by our students: "The Best Kept Secret in Town"

Mysore: an assisted self practice in which students are taught the Ashtanga Yoga Series individually with hands-on adjustments and verbal instruction from the teacher.

Vinyasa: a moderately paced class, progressing through a traditional Vinyasa sequence in which breath is synchronized to movement and new poses are introduced. An excellent style to learn yoga and at the same time challenge yourself.

VinyasaWarrior: Take your Vinyasa practice to the next level by incorporating new arm balances and inversions to a fast paced flow. Strengthening and deepening your practice.

Yoga Basics: a fun way to learn the principles of yoga and get hooked! A restorative practice as well.

Level 1 (basics); Level 1-2 (open to all levels); Level 2 (intermediate)

Free Parking: save \$2 - \$3 per class. **Class Packages** expire 6 months from the date of purchase & are non-refundable. **Unlimited Memberships** are more economical, expire depending on the date of purchase & are non-refundable. Unlimited classes cannot be shared. No contracts required. Memberships are non-refundable. **Students'** rate with valid ID. Series are non-refundable. Cannot be shared. Expire depending on the date of purchase. Prenatal Series: require pre-registration and are non-refundable.