

# YOGA: \$5 CLASSES

4THAVENUEYOGA.COM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	VINYASA 7AM		BIKRAM INSPIRED 7AM		TAI CHI		
8:45 AM	HATHA	VINYASA	HEATED HATHA	VINYASA	HATHA		
10:00 AM	VINYASA	HATHA	HOT VINYASA	HATHA	VINYASA	HOT VINYASA	HOT VINYASA
12:00 PM	VINYASA	VINYASA	HOT VINYASA	VINYASA	VINYASA	HOT VINYASA	HOT VINYASA
2:00 PM						HOT VINYASA	HOT VINYASA
4:00 PM	HATHA	VINYASA	HOT VINYASA	HATHA	HEATED HATHA	BIKRAM INSPIRED	HOT VINYASA
5:30 PM	VINYASA	HATHA	BIKRAM INSPIRED	HATHA	HOT VINYASA		BIKRAM INSPIRED
7:00 PM	HATHA	VINYASA	BIKRAM INSPIRED	VINYASA	HOT VINYASA		
8:15 PM	RESTORATIVE	HATHA	HOT VINYASA	HATHA	YIN		

\* 4TH AVENUE YOGA HAS HOT ROOM CLASSES  
 \* FOLLOW US ON FACEBOOK & INSTAGRAM

## CLASS TEMPERATURES:

NON-HEATED: 68-78 DEGREES    HEATED: 78-85 DEGREES  
 HOT: 90-100 DEGREES            BIKRAM: 104-106 DEGREES