



Yoga Lola Studios – Class Schedule

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meditation – 3 rd Wednesday Only	--	--	6:30 PM	--	--	--
Kundalini Yoga	10:00AM All Levels	6:00PM All Levels 7:30PM All Levels	10:00AM All Levels	6:00 PM All Levels		
POP Pilates	5PM All Levels					
Yin Yoga	6:15 PM All Levels			7:30 PM All Levels		
HAWK Hot Yoga (96° + Weights - Hot)	6:30PM All Levels	--	6:30PM All Levels		6:15PM All Levels	
Warm Vinyasa Flow (88° - Warm)	--	--		6:15PM All Levels	--	--
Fit & Flexible Yoga	--	--	--	--	--	8:00 AM All Levels
Heated Hatha (84° - Warm)			7:45PM All Levels			9:15AM All Levels

Kundalini Yoga, Yin Yoga, Fit & Flexible Yoga, and Meditation classes: Suitable for everyone. All levels benefit from this yoga; these class types allow you set the depth of your practice yourself. Pose modifications are shown to allow you to design your practice level. * **Kundalini classes:** Practice yoga postures, breathing exercises, mantra and meditation. * **Yin classes:** Deep stretching for the fascia and connective tissues through holding of the yoga postures and as quiet relaxation finds you in the stillness, the pose takes you deep into your body to release tightness and stress.

* **Fitness classes:** A fantastic workout and stretch-fest using yoga poses and great music to tune in and tone up. * **Meditation classes:** Take the time to take a breath a release stress and tension as you relax into your meditative mind! *Each of these classes are suitable for all levels of students, from beginner to advanced.*

* **POP Pilates Fitness Class:** POP Pilates is an all-levels fun and energetic, equipment-free, total body workout! POP Pilates is not a yoga class, but is a fitness, body-sculpting class that gets you fit fast!

HAWK Hot Yoga Workout®, Warm Vinyasa Flow and Heated Hatha: Yoga Lola Exclusives

Designed by and taught exclusively at Yoga Lola, **HAWK Hot Yoga Workout®** combines yoga postures, light weights, and heated rooms combined with oxygenation, concentration techniques, and stress reduction put you on top of the world. Heated to 96 degrees. *Suitable for all levels of students.*

Warm Vinyasa Flow: A powerful workout, designed by Kevin Post, connecting the breath and body in slow but steady movements throughout all the yoga postures in a heated room of 88 degrees to get those muscles limber and flexible.

Heated Hatha: A great workout with standard Hatha poses done in a room heated to 84 degrees. Stretches you in all the right places!

*RATES POSTED ON OUR WEBSITE. OFFICE OPENS 15 MINUTES BEFORE CLASS START TIME. OTHERWISE, BY APPOINTMENT ONLY.