



Yoga Lola Studios – Class Schedule

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kundalini Yoga		6:00PM All Levels		6:00PM All Levels	--	
HAWK Hot Yoga (96° + Weights - Hot)	6:30PM All Levels	--			--	
Yin Yoga	6:30 PM All Levels				--	
Heated Hatha (84° degrees)	--	--	6:30PM All Levels	--	--	
Warm Vinyasa Flow (88° - Warm)	--	--		6:15PM *	--	--
Buti Yoga / Or Fitness Class					--	8:00AM All Levels

*Buti Yoga is held a couple of times a month on Saturdays. Otherwise, Saturday classes are Fit & Flex - Regular. Our classes are Monday-Thursday and Saturday. There are no Friday classes.

Kundalini Yoga, Yin Yoga, and Fit & Flexible Yoga: 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

Some Like It Hot: 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. **Best suited to students with some yoga experience.**

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.**