



BENT
yoga co.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		HATHA		SCULPT			
6:00 AM	HATHA		VINYASA				
8:00 AM					HATHA	HATHA	WARM VINYASA
9:30 AM	YIN YANG	VINYASA	SCULPT	HATHA	YIN	VINYASA	WARM HATHA
11:00 AM		HATHA		VINYASA		BARRE	AB LAB / SCULPT
3:00 PM	VINYASA		HATHA				
4:30 PM	HATHA	VINYASA	YIN YANG	SCULPT	WARM HATHA		
5:00 PM							HATHA 75
6:00 PM	BARRE	WARM HATHA	ASHTANGA	HATHA	WARM VINYASA		
6:30 PM							YIN
7:30 PM	VINYASA	YIN	HATHA	YIN YANG	HATHA		