



y o g a

| class schedule |

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704-456-9642

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:30a mysore ashtanga+	5:30-9:30a mysore ashtanga+	5:30-9:30a mysore ashtanga+	5:30-9:30a mysore ashtanga+	6:15-7:45a led ashtanga+	7:30-9a super flow	8-10a mysore ashtanga*
6-7a double shot	5:30-6:30a single shot	6-7a double shot	5:30-6:30a single shot	8-9:30a ashtanga 101+	8-9a good karma meditation+	8:15-9:15a double shot
8:15-9:15a double shot	6:45-7:45a double shot	8:15-9:15a double shot	6:45-7:45a double shot	6-7a double shot	8:15-9a Y2 strength+**	9:30-10:45a single shot
9:30-10:45a double shot	8:15-9:15a single shot	9:30-10:45a double shot	8:15-9:15a single shot	8:15-9:15a double shot	9:15-10:15a* straight shot	11:15-12:15p single shot
10:30-11:15a Y2 strength+**	9:30-10:45a double shot	10:30-11:15a Y2 strength+**	9:30-10:45a double shot	9:30-10:45a double shot	9:30-10:45a double shot	12:30-1:30p good karma Y2 101
11:15-12:15p single shot	9:45-10:45a straight shot+	11:15-12:15p single shot	9:45-10:45a straight shot+	10:30-11:15a Y2 strength+**	11:15-12:15p single shot	1:30-2:30p prenatal+
noon-1p good karma straight shot+	11:15-12:15p double shot	noon-1p good karma straight shot+	11:15-12:15p double shot	11:15-12:15p single shot	11:15-12:15p Y2 kids yoga+	2-3:15p Y2 kids yoga+
12:30-1:30p good karma single shot	12:30-1:30p good karma single shot	12:30-1:30p good karma single shot	12:30-1:30p good karma single shot	noon-1p good karma straight shot*	12:30-1:30p good karma single shot+	2-3:15p single shot
3-4p good karma single shot	3-4p good karma single shot	3-4p good karma single shot	3-4p good karma single shot	12:30-1:30p good karma single shot	2-3p straight shot+	4-5p single shot
4:30-5:30p single shot	4:30-5:30p single shot	4:30-5:30p single shot	4:30-5:30p single shot	3-4p good karma single shot	4-5p single shot	5:15-6:15p community straight shot+
6-7p Y2 101*	5-5:45p Y2 strength	5-5:45p Y2 strength	5-5:45p Y2 strength	4:30-5:30p single shot	5:15-6:15p good karma single shot	5:15-6:15p single shot
6-7p singlet shot	6-7p straight shot+	6-7p straight shot+	6-7p straight shot+	6-7p single shot		5:30-6:30p good karma LSD+
7:15-8:30p LSD+	6-7p double shot	6-7p single shot	6-7p double shot			
7:15-8:15p single shot	7:15-8:30p LSD+	7:15-8:30p LSD+	7:15-8:30p new to Y2+			
8:30-9:30p good karma twilight flow	7:15-8:15p single shot	7:15-8:15p single shot	7:15-8:15p single shot			
	8:30-9:30p good karma twilight flow	8:30-9:30p good karma twilight flow	8:30-9:30p good karma twilight flow			

+Indicates non-heated classes. See reverse for class descriptions.

**Pre-registration is encouraged for Y2 Strength classes to secure a spot in class. Early cancel fees apply.



y o g a | **descriptions** | **indicates beginner-friendly*

***y2 101:** new to yoga? this is a great place to start. While this class emphasizes the fundamentals of an asana practice for beginners, it is also designed to meet the needs of experienced yogis looking to deepen their alignment and breathing techniques. You'll become familiar with the Y2-style flow so that you feel confident participating in single and double shot classes. We offer heated and non-heated 101 classes.

***New to Y2:** at Y2 Yoga we have a signature style of flow. This class is designed for students who are new to Y2 to provide you with a deep dive into how we flow. Class will be a mixture of discussion, workshoping and flow and will break down the fundamentals of a Y2 class. Class is free for your first visit. Class is non-heated.

single shot: this class features our signature Y2-style flow. You'll move through a 25 minute warm up followed by core strengthening work. The standing series comes next and it includes a minimum of 14 postures that you'll find in every Y2 class. Class wraps up with backbends and floor work. Class is heated.

double shot: kick it up a notch with this fast-paced flow. We double up the single shot standing series to give you a chance to tackle it twice. This class is cardiovascularly intense and includes options for advanced transitions, arm balances and inversions. Modifications are also offered, making this an all-levels challenge! Class is heated.

***straight shot:** this class is for yogis who love to flow but without the heat. This class follows our single shot format but is held in our non-heated studio. Class is non-heated.

***twilight flow:** slow down and settle into your practice with this mellow late evening class. You'll move through a chilled out version of our single shot class a dim room lit by colored LED lights. Class is heated.

***long, slow deep (LSD):** this restorative deep stretch class is the perfect way to find deep mental and physical relaxation. Class begins with a gentle 10-15 minute vinyasa warm up before moving into floor postures with 3-5 minute holds. Blocks, straps and bolsters are provided so you can find maximum comfort and peace. Class is non-heated.

super flow: For die-hard flow lovers looking for an intense hot vinyasa experience. In super flow we repeat our single shot standing series three times. The pace is fast and instruction is minimal so a good understanding of asana is encouraged. Designed to build endurance, cardiovascular conditioning and mental strength. Class is heated.

***ashtanga:** this is the original flow practice from India from which all power and vinyasa style yoga originated from. It features a set series of postures that are designed to calm the mind and strengthen the body. The practice is accessible to students of all levels open to exploration and adventure. Class is non-heated.

***Y2 strength:** strength and flexibility go hand-in-hand and it's important to have both to live your happiest, healthiest life. This class utilizes bodyweight exercises, resistance bands and dumbbells for a total body strength training workout. Note, this is not a yoga fusion class. Strength only! Class is non-heated. Pre-registration is encouraged.

y2 kids: kids who practice yoga experience greater focus, feel happier and have an overall increase in well-being. Our kid's classes combine learning the fundamentals of yoga with fun games and activities. Ages 6-11. Non-heated.

prenatal: moms-to-be find that prenatal yoga is an excellent way to strengthen the body and prepare the mind for childbirth. No previous yoga experience is required. Class is non-heated.

***community:** our community straight shot class is a donation based class where all proceeds go to a local non-profit organization that changes on a monthly basis. Class is non-heated.

good karma: we believe that yoga should be accessible to everyone. We are proud to offer discounted classes that are taught by the same teachers you'll find in our full-price classes 7 days a week.