



| class schedule |  
effective 4/1/17

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274 s. sharon amity road, charlotte, nc 28211

monday	tuesday	wednesday	thursday	friday	saturday	sunday
mysore ashtanga 5:30-9:30a	mysore ashtanga 5:30-9:30a	mysore ashtanga 5:30-9:30a	mysore ashtanga 5:30-9:30a	led ashtanga 6:15-7:45a	super flow 7:30-9a	double shot 8:15-9:15a
double shot 6-7a	double shot 6-7a	double shot 6-7a	double shot 6-7a	double shot 6-7a	GK meditation 8-9a	mysore ashtanga 8-10a
double shot 8:15-9:15a	single shot 8:15-9:15a	double shot 8:15-9:15a	single shot 8:15-9:15a	led ashtanga 101 8-9:30a	straight shot 9:15-10:15a	single shot 9:30-10:45a
double shot 9:30-10:45a	double shot 9:30-10:45a	double shot 9:30-10:45a	double shot 9:30-10:45a	double shot 8:15-9:15a	double shot 9:30-10:45a	single shot 11:15a-12:15p
straight shot 9:45-10:45a	straight shot 9:45-10:45a	straight shot 9:45-10:45a	straight shot 9:45-10:45a	double shot 9:30-10:45a	single shot 11:15a-12:15p	GK Y2 101 12:30-1:30p
single shot 11:15a-12:15p	double shot 11:15a-12:15p	single shot 11:15a-12:15p	double shot 11:15a-12:15p	straight shot 9:45-10:45a	y2 kids 11:15a-12:15p	single shot 2-3:15p
GK straight shot noon-1p	GK straight shot noon-1p	GK straight shot noon-1p	GK straight shot noon-1p	single shot 11:15a-12:15p	GK single shot 12:30-1:30p	y2 kids 2-3:15p
GK single shot 12:30-1:30p	GK single shot 12:30-1:30p	GK single shot 12:30-1:30p	GK single shot 12:30-1:30p	GK straight shot noon-1p	y2 101 2-3p	prenatal 3:30-4:45p
single shot 3-4p	GK single shot 3-4p	GK single shot 3-4p	GK single shot 3-4p	GK single shot 12:30-1:30p	single shot 4-5p	single 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	GK single shot 3-4p	GK double shot 5:15-6:15p	single shot 5:15-6:15p
straight shot 5:45-6:45p	straight shot 5:45-6:45p	straight shot 5:45-6:45p	straight shot 5:45-6:45p	single shot 4:30-5:30p	GK twilight flow 6:30-7:30p	community straight shot 5:30-6:30p
single shot 6-7p	double shot 6-7p	single shot 6-7p	double shot 6-7p	straight shot 5:45-6:45p		twilight flow 6:30-7:30p
long, slow, deep 7-8:15p	long, slow, deep 7-8:15p	long, slow, deep 7-8:15p	long, slow, deep 7-8:15p	single shot 6-7p		GK long, slow, deep 7-8p
single shot 7:15-8:15p	single shot 7:15-8:15p	single shot 7:15-8:15p	single shot 7:15-8:15p	GK twilight flow 7:15-8:15p		
GK twilight flow 8:30-9:30p	GK twilight flow 8:30-9:30p	GK twilight flow 8:30-9:30p	GK twilight flow 8:30-9:30p			

# Y2 | class descriptions |

y o g a

**\*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. This class features the Y2-style flow and will prepare students to confidently participate in Single Shot and Double Shot classes. Class is heated.

**\*single shot:** this class features our signature Y2-style flow that incorporates 14 postures into the standing series. Class starts with a warm up before moving into the standing series. The standing series is repeated one time through. Core work, backbends and floor work are also included. Class is heated.

**double shot:** kick it up a notch with this fast-paced flow. We double up the 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 our version of our single shot class in a dark room lit by colored LED lights. Class is heated.

**\*long, slow deep (LSD):** this restorative deep stretch class is the perfect way for everyone from busy moms to runners to hard working professionals to find deep mental and physical relaxation. Class begins with a gentle 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:** this class is for die-hard lovers of flow who are looking for an intense hot vinyasa experience. In super flow we repeat our standing series three times. The pace is fast and instruction is minimal so a good understanding of asana is encouraged. This class is designed to build your endurance, cardiovascular conditioning and mental control. Class is heated.

**\*ashtanga:** 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 kids:** kids who practice yoga experience greater focus, feel healthier and happier and have an overall increase in well-being. Designed just for kids ages 6-11, our kid's yoga 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.

**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.

*\*indicates beginner-friendly*