

CHANDLER

M

9:00-10:10 am • Level 1-2
 10:30-11:40 am • Level 1 😊
 4:30-5:40 pm • 1-2 Flow and Unwind
 4:45-5:55 pm • Yin/Gentle 😊
 6:00-7:10 pm • Level 1-2
 6:15-7:30 pm • IVY 75 HOT Flow

T

9:00-10:10 am • Level 1-2
 10:30-11:55 am • Yin/Restorative 😊
 4:30-5:45 pm • Gentle Yin-Yang Flow 😊
 4:30-5:40 pm • Level 1-2
 6:00-7:10 pm • Level 1 😊
 6:00-7:15 pm • IVY Warm Yang Flow + Yin

W

9:00-10:25 am • Power
 10:30-11:45 am • Yin 😊
 4:30-5:40 pm • 1-2 Flow and Unwind
 6:15-7:25 pm • Level 1-2
 6:30-7:55 pm • Restorative 😊

TH

9:00-10:10 am • Level 1-2
 12:00-1:00 pm • Yoga for Lunch
 4:30-5:40 pm • Level 1-2
 6:00-7:10 pm • Level 1 😊
 6:00-7:25 pm • Power

F

9:00-10:25 am • Power
 10:30-11:40 am • Level 1 Flow 😊
 4:30-5:40 pm • Level 1-2
 4:45-5:55 pm • Yin 😊

SA

8:00-9:25 am • Power
 9:30-10:40 am • 1-2 Flow and Unwind
 9:30-10:55 am • Yin/Gentle 😊
 11:00 am-12:10 am • Prenatal
 11:00 am-12:10 pm • Level 1 😊
 3:45-4:55 pm • Level 1-2

SU

9:00-10:15 am • HEY: Feeling Good from the Inside Out 😊
 9:00-10:15 am • IVY 75 HOT Flow
 10:30-11:55 am • Level 1-2 + Nidra
 3:30-4:40 pm • Level 1-2
 3:45-5:10 pm • Yin/Restorative 😊

TEMPE

M

9:00-10:10 am • Level 1 😊
 9:00-10:15 am • Warm Radiant Yang Flow + Yin
 10:30-11:45 am • Yin 😊
 4:45-6:00 pm • Radiant 75 HOT Flow
 6:00-7:10 pm • Level 1-2
 6:15-7:15 pm • Radiant 60 HOT Flow
 6:30-7:40 pm • Prenatal

T

5:30-6:30 am • Radiant 60 HOT Flow
 7:30-8:45 am • Yin-Yang Flow
 9:00-10:15 am • HEY: Feeling Good from the Inside Out 😊
 9:00-10:00 am • Radiant HOT Essentials 😊
 4:30-5:45 pm • Radiant 75 HOT Flow
 5:15-6:25 pm • HEY: Core Strength & Stretch
 6:00-7:00 pm • Radiant HOT Essentials 😊
 6:30-7:55 pm • Restorative 😊
 6:30-7:45 pm • Kundalini

W

6:30-7:45 am • Gentle Yin-Yang Flow 😊
 9:00-10:10 am • Level 1-2
 8:30-9:30 am • Radiant 60 HOT Flow
 10:30-11:40 am • Level 1 😊
 12:00-1:00 pm • Yoga for Lunch
 5:00-6:00 pm • Radiant HOT Essentials 😊
 6:15-7:30 pm • Level 1 + Nidra 😊
 6:15-7:15 pm • Radiant 60 HOT Flow

TH

5:30-6:30 am • Radiant 60 HOT Flow
 7:30-8:45 am • Yin-Yang Flow
 9:00-10:15 am • Warm Radiant Yang Flow + Yin
 10:30-11:55 am • Yin/Restorative 😊
 5:00-6:00 pm • Radiant Warm Yin + 😊
 5:15-6:25 pm • 1-2 Flow and Unwind
 6:15-7:15 pm • Radiant 60 HOT Flow
 6:30-7:55 pm • Restorative 😊

F

6:30-7:45 am • Gentle Yin-Yang Flow 😊
 9:00-10:10 am • Level 1-2
 8:30-9:30 am • Radiant 60 HOT Flow
 10:30-11:30 am • Radiant Warm Yin 😊
 12:00-1:00 pm • Radiant 60 HOT Flow
 4:30-5:55 pm • IVY Radiant HOT 26 😊
 5:30-6:40 pm • Candlelight Flow + Meditation 😊

SA

8:30-9:45 am • Yin 😊
 8:30-9:30 am • Radiant HOT Essentials 😊
 10:00-11:10 am • Level 1-2
 10:00-11:10 am • KIDS Yoga
 10:30-11:45 am • KIDS Yoga
 10:30-11:45 am • Radiant 75 HOT Flow
 *12:30-1:30 pm • FREE Intro to Yoga 😊
 *(NEW students 1st Visit)

SU

8:30-9:30 am • Radiant HOT Essentials 😊
 9:00-10:10 am • 1-2 Flow and Unwind
 10:30-11:40 am • Level 1 😊
 10:30-11:45 am • Radiant 75 HOT Flow
 10:30-11:45 am • KIDS Yoga

AHWATUKEE

M	<p>5:30-6:30 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:00-10:15 am • Yin-Yang Flow 10:30-11:30 am • Radiant HOT Essentials 😊 10:30-11:55 am • Yin/Restorative 😊 5:30-6:30 pm • Radiant 60 HOT Flow 😊 6:30-7:45 pm • HEY: Feeling Good from the Inside Out 7:00-8:00 pm • Radiant 60 HOT Flow 😊</p>
T	<p>6:00-7:00 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:15-10:25 am • HEY: Core Strength & Stretch 10:30-11:30 am • Radiant Warm Yin 😊 12:00-1:00 pm • Yoga for Lunch 4:30-5:30 pm • Radiant 60 HOT Flow 5:15-6:25 pm • Level 1-2 5:45-6:45 pm • Radiant 60 HOT Flow 6:30-7:40 pm • Level 1 Flow 😊 7:00-8:00 pm • Radiant HOT Essentials 😊</p>
W	<p>5:30-6:30 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:30-10:45 am • HEY: Feeling Good from the Inside Out 😊 4:00-5:00 pm • Radiant HOT Essentials 😊 5:00-6:10 pm • 1-2 Flow and Unwind 5:30-6:30 pm • Radiant 60 HOT Flow 6:30-7:55 pm • Restorative 😊 7:00-8:00 pm • Radiant 60 HOT Flow</p>
TH	<p>6:00-7:00 am • Radiant 60 HOT Flow 9:00-10:15 am • Radiant 75 HOT Flow 9:15-10:25 am • Level 1-2 10:30-11:30 am • Radiant Warm Yin 😊 4:30-5:30 pm • Radiant 60 HOT Flow 5:30-6:40 pm • Level 1 Flow 😊 5:45-6:45 pm • Radiant 60 HOT Flow 7:00-8:00 pm • Radiant Warm Yin 😊</p>
F	<p>6:00-7:00 am • Radiant 60 HOT Flow (starts 8/25) 9:00-10:15 am • Radiant 75 HOT Flow 9:30-10:45 am • Level 1 Flow 😊 10:30-11:30 am • Radiant 60 HOT Flow 12:00-1:00 pm • Yoga for Lunch (Last class 8/18) 4:00-5:00 pm • Radiant HOT Essentials 😊 5:30-6:30 pm • Radiant HOT Happy Hour</p>
SA	<p>8:30-9:45 am • Radiant 75 HOT Flow 9:00-10:15 am • Yin-Yang Flow 10:30 am-11:55 am • IVY Radiant HOT 26 😊 10:30-11:45 am • HEY: Feeling Good from the Inside Out 😊</p>
SU	<p>8:30-9:30 am • Radiant 60 HOT Flow 9:00-10:15 am • Yin 😊 10:00-11:15 am • Radiant 75 HOT Flow 10:30-11:55 am • HEY Core Stress Release + Nidra 1:30-2:55 pm • IVY Radiant HOT 26 😊 3:30-4:30 pm • Radiant Warm Yin 😊</p>



CLASS SCHEDULE

One class package!
Three locations!
Over 150 classes per week!
www.innervisionyoga.com
480.632.7899

NEW STUDENTS

30-day unlimited or
5-Class pack
only \$49
Arizona residents only

BEST DEAL!

1 month - Autopay \$99
3 month minimum
Excellent benefits

Stop by the front desk
or check online for
more class packages!



Indicates appropriate
for Beginners

Teacher Training • Workshops
Yoga Therapy • Retreats
Corporate Yoga

go in ...

... peace out

