

CHANDLER

M 8:30-9:30 am • Radiant HOT Essentials 😊

9:00-10:10 am • Level 1-2

10:30-11:40 am • Level 1 😊

4:15-5:15 pm • Radiant HOT Essentials 😊

4:30-5:40 pm • 1-2 Flow and Unwind

5:30-6:45 pm • Radiant 75 HOT Flow

6:00-7:10 pm • Level 1 😊

T 8:30-9:55 am • IVY Radiant HOT 26 😊

9:00-10:10 am • Level 1-2

10:30-11:55 am • Yin/Restorative 😊

4:15-5:15 pm • Radiant Warm Yin 😊

4:30-5:40 pm • Level 1-2

5:30-6:30 pm • Radiant 60 HOT Flow

6:00-7:10 pm • Level 1 Flow 😊

W 8:30-9:30 am • Radiant 60 HOT Flow

9:00-10:15 am • HEY: Feeling Good from the Inside Out 😊

10:30-11:30 am • Radiant Warm Yin 😊

5:00-6:10 pm • Level 1-2

5:30-6:45 pm • Radiant 75 HOT Flow

6:15-7:25 pm • Level 1-2

TH 8:30-9:55 am • IVY Radiant HOT 26 😊

9:00-10:10 am • Level 1-2

4:30-5:40 pm • Level 1-2

5:30-6:30 pm • Radiant HOT Essentials 😊

6:00-7:10 pm • Level 1 😊

F 9:15-10:25 am • HEY: Radiant HOT Core
Strength & Stretch with CSR

10:30-11:40 am • Level 1 Flow 😊

5:00-6:15 pm • Radiant 75 HOT Flow

5:00-6:10 pm • Yin

SA 8:00-9:25 am • Power

8:30-9:30 am • Radiant 60 HOT Flow

9:30-10:40 am • 1-2 Flow and Unwind

9:45-10:45 am • Radiant Warm Yin 😊

11:00 am-12:10 pm • Level 1 😊

11:15 am-12:25 am • Prenatal

3:45-4:55 pm • Level 1-2

SU 8:45-9:55 am • HEY: Feeling Good from the Inside Out 😊

9:00-10:15 am • Radiant 75 HOT Flow

10:00-11:10 am • Level 1-2

3:30-4:30 pm • Radiant HOT Essentials 😊

3:45-5:10 pm • Yin/Restorative 😊

TEMPE

M 6:30-7:45 am • Slow Yin-Yang Flow 😊

9:00-10:10 am • Level 1 😊

9:00-10:15 am • Radiant 75 HOT Flow

10:30-11:30 am • Radiant Warm Yin 😊

5:00-6:00 pm • Radiant 60 HOT Flow

6:15-7:25 pm • Level 1-2

T 6:00-7:00 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 😊

4:45-5:45 pm • Radiant 60 HOT Flow

5:15-6:25 pm • HEY: Core Strength & Stretch with CSR

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 • Slow Yin-Yang Flow 😊

9:00-10:10 am • Level 1-2

10:00-11:00 am • Radiant 60 HOT Flow

10:30-11:40 am • Level 1 😊

5:00-6:00 pm • Radiant HOT Essentials 😊

5:15-6:30 pm • Slow Yin-Yang Flow + Nidra 😊

6:15-7:15 pm • Radiant 60 HOT Flow

6:15-7:25 pm • Prenatal

TH 6:00-7:00 am • Radiant 60 HOT Flow

7:30-8:45 am • Yin-Yang Flow

9:00-10:15 am • Radiant 75 HOT Flow

10:30-11:55 am • Yin/Restorative 😊

4:45-5:45 pm • Radiant 60 HOT Flow

4:45-5:55 pm • Level 1-2

6:30-7:55 pm • Restorative 😊

F 6:00-7:00 am • Radiant 60 HOT Flow

6:30-7:45 am • Slow Yin-Yang Flow 😊

9:00-10:10 am • Level 1-2

10:30-11:30 am • Radiant Warm Yin 😊

12:00-1:00 pm • Radiant 60 HOT Flow

5:15-6:15 pm • Radiant 60 HOT Flow

5:30-6:40 pm • Candlelight Relax + 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

SU 8:30-9:30 am • Radiant HOT Essentials 😊

9:00-10:10 am • 1-2 Flow and Unwind

11:30 am-12:45 pm • Kundalini

10:30-11:40 am • Level 1 😊

10:30-11:45 am • Radiant 75 HOT Flow

3:30-4:40 pm • Level 1-2

AHWATUKEE

M
 5:30-6:30 am • Radiant 60 HOT Flow
 9:00-10:15 am • Radiant 75 HOT Flow
 9:15-10:25 am • Level I 😊
 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 😊
 7:00-8:15 pm • Radiant Warm Flow and Unwind 😊

T
 6:00-7:00 am • Radiant 60 HOT Flow
 9:00-10:00 am • Radiant HOT Essentials 😊
 9:15-10:25 am • HEY: Core Strength & Stretch with CSR
 10:30-11:45 am • HEY: Feeling Good from the Inside Out 😊
 12:00-1:00 pm • Level 1-2
 4:30-5:30 pm • Radiant 60 HOT Flow
 5:45-6:55 pm • Candlelight Flow + Nidra 😊
 5:45-6:45 pm • Radiant 60 HOT Flow
 7:00-8:00 pm • Radiant HOT Essentials 😊

W
 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 😊
 4:30-5:30 pm • Radiant HOT Essentials 😊
 5:30-6:40 pm • Yin-Yang Flow
 6:15-7:15 pm • Radiant 60 HOT Flow 😊
 6:45-8:10 pm • Yin/Restorative

TH
 9:00-10:15 am • Radiant 75 HOT Flow
 10:30-11:30 am • Radiant Warm Yin
 4:30-5:30 pm • Radiant HOT Essentials 😊
 5:45-6:45 pm • Radiant 60 HOT Flow
 6:30-7:45 pm • Yin + Nidra 😊

F
 6:00-7:00 am • Radiant 60 HOT Flow
 9:00-10:15 am • Radiant 75 HOT Flow
 9:15-10:25 am • Level I Flow 😊
 10:30-11:55 am • Yin/Restorative 😊
 10:30-11:30 am • Radiant 60 HOT Flow
 4:30-5:30 pm • Radiant HOT Essentials 😊
 5:45-6:45 pm • Radiant 60 HOT Flow

SA
 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 😊

SU
 8:30-9:45 am • Radiant 75 HOT Flow
 9:00-10:15 am • HEY Core Stress Release + Nidra
 10:30-11:30 am • Radiant Warm Yin 😊
 1:30-2:55 pm • IVY Radiant HOT 26 😊

3/18/19



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go in ...

... peace out

