



Holiday Schedule

16240 Metcalf Ave

www.breatheandbeyoga.com

WEEK OF DECEMBER 22ND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am Boot Camp 9:30am Hatha Yoga (no other classes)	5:45am H.I.I.T. 9:30am Circuit (no other classes)	6:15am Boot Camp 9:30am Hatha Yoga (no other classes)	Merry Christmas!!!	NO CLASSES	7:45am Circuit 9:30am Yoga Flow

WEEK OF DECEMBER 29TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am Boot Camp 9:30am Hatha Yoga (no other classes)	5:45am H.I.I.T. 9:30am Circuit 4:30pm Circuit	6:15am Boot Camp 9:30am Hatha Yoga (only 45 min yoga class) 10:30am HoopFIT (no other classes)	Happy New Year!!!	6:15am Boot Camp 9:30am Gentle Yoga	7:45am Circuit 9:30am Yoga Flow