

Sun Salutation Days & Times

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10 am	5 am	10 am	5 am	10 am	7 am
		12:30		12:30		2 PM
	6 PM		6 PM		6 PM	

In- Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free Chanting before class (Live stream)		6:30 PM		6:30 PM		
9 am						