



# CLASS SCHEDULES

## THE POINTE

## CARDINAL

### MONDAY

9 am LEVEL 2  
 10:15 am LEVEL BURN  
 11:30 am MELLOW  
 4:30 pm All LEVEL

### TUESDAY

6 am ALL LEVEL  
 9 am LEVEL BURN  
 10:30 am All LEVEL  
 5:30 pm LEVEL 1  
 7 pm YIN DEEP STRETCH

### WEDNESDAY

9 am LEVEL 1  
 10:30 am ALL LEVEL  
 12 pm LEVEL BURN  
 4:30 pm ALL LEVEL  
 6-7:15 pm ASHTANGA

### THURSDAY

6 am ALL LEVEL  
 9 am LEVEL BURN  
 10:30 am ALL LEVEL  
 5:30 pm ALL LEVEL  
 7 pm YIN DEEP STRETCH

### FRIDAY

9 am LEVEL 2  
 10:15 am LEVEL BURN  
 11:30 am MELLOW  
 4:30 pm ALL LEVEL

### SATURDAY

9 am LEVEL BURN  
 10:30 am ALL LEVEL  
 4 pm LEVEL 1

### SUNDAY

9-10:15 am ASHTANGA

### MONDAY

7:30 am HOT POWER  
 9 am LEVEL HOT  
 10:45 am ALL LEVEL  
 5:45 pm LEVEL HOT

### TUESDAY

8:30 am LEVEL 2  
 11:30 am MELLOW  
 4:15 pm LEVEL HOT  
 5:45 pm LEVEL HOT

### WEDNESDAY

7:30 am HOT POWER  
 9 am LEVEL HOT  
 12 pm YIN DEEP STRETCH  
 5:45 pm LEVEL HOT

### THURSDAY

8:30 am LEVEL 2  
 11:30 am MELLOW  
 4:15 pm LEVEL HOT  
 5:45 pm LEVEL HOT

### FRIDAY

9 am LEVEL HOT  
 10:45 am ALL LEVEL

### SATURDAY

7:30 am LEVEL HOT  
 9-10:15 am LEVEL HOT

### SUNDAY

9 am LEVEL HOT  
 10:45 am LEVEL 2  
 5-6:15 pm YIN DEEP STRETCH