

CLASS SCHEDULE

(Effective Jan 1 - Mar 31st)

Bodacious Living Classes presented at:

CARLSBAD

3147 Roosevelt Street, Carlsbad CA 92008

MONDAY

9:00 - 10:15am	Debra	<i>DYNAMIC FUSION</i>
10:30 - 11:45am	Debra	<i>GENTLE GROOVE</i>
12:00 - 1:00pm	Sophia	<i>UNIVERSAL PLAY</i>
5:45 - 6:45pm	Amin	<i>BASIC BLISS</i>
7:00 - 8:15pm	Michelle	<i>PRANA FLOW</i>

TUESDAY

9:00 - 10:15am	Karen	<i>ANJALI VINYASA</i>
10:30 - 11:45am	Jennifer	<i>DYNAMIC FUSION</i>
12:00 - 1:00pm	Jennifer	<i>UNIVERSAL PLAY</i>
5:30 - 6:45pm	Heather	<i>YOGA CHILL</i>
7:00 - 8:15pm	Debra	<i>DYNAMIC FUSION</i>

WEDNESDAY

9:30 - 10:45am	Rachel	<i>ROCKIN' VINYASA</i>
12:00 - 1:00pm	Sophia	<i>UNIVERSAL PLAY</i>
5:30 - 6:45pm	Amin	<i>DYNAMIC FUSION</i>
7:00 - 8:00pm	Amin	<i>BASIC BLISS</i>

THURSDAY

9:00 - 10:15am	Karen	<i>ANJALI VINYASA</i>
10:30 - 11:45am	Jennifer	<i>DYNAMIC FUSION</i>
5:30 - 6:45pm	Heather	<i>YOGA CHILL</i>
7:00 - 8:15pm	Debra	<i>DYNAMIC FUSION</i>

FRIDAY

9:00 - 10:15am	Debra	<i>DYNAMIC FUSION</i>
10:30 - 11:45am	Debra	<i>GENTLE GROOVE</i>
5:30 - 6:45pm	Andrew	<i>COMMUNITY</i>

SATURDAY

9:00 - 10:15am	Aline	<i>KRIPALU</i>
10:30 - 11:45am	Korrie	<i>DYNAMIC FUSION</i>

SUNDAY

9:00 - 10:15am	Aline	<i>KRIPALU</i>
10:30 - 11:45am	Rachel	<i>ROCKIN' VINYASA</i>
5:00 - 6:30pm	Debra	<i>REJUVENATE & RESTORE</i>

CLASS DESCRIPTIONS

THERAPEUTIC & REJUVENATING

REJUVENATE & RESTORE* – Mild pace of supported poses rejuvenate body & mind.

GENTLE GROOVE* – Gentle flow of modified poses.

KRIPALU – Compassionate flow includes breathwork and meditation.

BASIC BLISS* – Balancing flow of basic poses.

YOGA CHILL – Combines active and restorative poses to relieve stress.

ENERGIZING & STRENGTHENING

DYNAMIC FUSION* – Energizing mixed level fusion.

ROCKIN' VINYASA* – Playful level 2 flow with mixed level options.

ANJALI VINYASA – Mixed level eclectic heart centered flow.

UNIVERSAL PLAY* – Revitalizing all levels yoga .

COMMUNITY* – All levels. Donation based class.

(*)Classes are inspired by the style of Anusara Yoga.

PRICES

INVITE YOUR FRIENDS TO PLAY! REFER A FRIEND AND RECEIVE A FREE CLASS!

DROP IN	\$15	
5 CLASS PASS	\$70	<i>expires in one month</i>
10 CLASSES	\$130	<i>expires in three months</i>
MONTHLY MEMBER AUTO DEBIT	\$120	<i>12 class maximum per month</i>
MONTHLY MEMBER DROP IN	\$10	

15% DISCOUNT ON DROP-IN AND CLASS PASS FOR SENIORS, TEACHERS, MILITARY & STUDENTS.