

# Costa Mesa Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00am	Ra Strength 2	Ra Level 2	Ra Strength 2	Yogalates	Ra Strength 2
6:30-7:30am	Intro to Level 2	Yogalates	Yogalates	Hot Ra**	Yogalates
7:30-8:30am	Hot Ra	Budokon**	Intro to Level 2	Ra Strength 1	Hot Ra
8:00-9:00am	Ra Level 1**	Hot Ra	Hot Ra	Ra Level 1	Ra Strength 1
9:00-10:00am	Ra Level 2	Intro to Level 2	Ra Level 2	Hot Ra	Ra Level 2
9:30-10:30am	Ra Strength 1	Ra Strength 1	Yin RaStore	Intro to Level 2	Yogalates
10:30-11:30am	Hot Ra**	Yogalates	Yogalates	Ra Strength 2	Yin RaStore
11:00-Noon	Ra Storative	Yin RaStore	Intro to Level 2	Yin RaStore	Ra Level 2 NH
12:00-1:00pm	Yogalates	Pre Natal	Ra Strength 1	Pre Natal	Ra Level 2
12:15-1:00pm	Ra Level 1	Ra Level 1	Ra Level 1	Ra Level 1	Ra Level 1
1:15-2:15pm		Baby & Me		Baby & Me	
3:00-3:50pm	Intro to Level 2	Intro to Level 2	Intro to Level 2	Yogalates	Intro to Level 2
3:30-4:30pm	Pre Natal	Yogalates	Hot Ra	Intro to Level 2	Hot Ra
4:00-5:00pm	Ra Strength 1	Ra Strength 2	Ra Level 2	Ra Strength 2	Ra Strength 2
5:00-6:00pm	Ra Level 1	Ra Level 1	Ra Level 1	Ra Level 1	Yogalates
5:30-6:30pm	Yogalates	Yogalates	Ra Strength 2	Yogalates	Budokon**
5:45-6:30pm			Meditation		
6:15-7:00pm				Meditation	
6:30-7:30pm	Intro to Level 2	Ra Level 2	Intro to Level 2	Ra Level 2	Ra Level 2
6:45-7:30pm		Meditation			
7:00-8:00pm	Ra Strength 1	Hot Ra	Yogalates	Ra Strength 2	Hot Ra
7:45-8:45pm	Ra Level 2	Intro to Level 2	Yin RaStore	Yin RaStore	Ra Level 1
7:45-8:30pm	Meditation				
8:30-9:30pm	Hot Ra**	Yogalates	Hot Ra	Hot Ra	
9:00-10:00pm	Ra Level 1	Ra Level 1	Ra Level 1	Ra Level 1	

	Saturday	Sunday
8:00-9:00am	Yogalates	Ra Strength 2
8:15-9:15am	Intro to Level 2	Ra Level 2
9:15-10:15am	Hot Ra	Hot Ra
9:30-10:30am	Level 1	Intro to Level 2
10:30-11:30am	Ra Strength 2	Yogalates
10:45-11:45am	Ra Level 2	Yin RaStore
12:00-1:00pm	Intro to Level 2	Hot Ra**
12:15-1:00pm	Ra Level 1	Ra Level 1
1:15-2:15pm	Pre Natal	
2:30-3:45pm	Yin RaStore	Yin RaStore
4:00-5:00pm	Ra Strength 1	Kundalini
4:15-5:15pm	Yogalates	RaStrength 2
5:15-6:15pm	Ra Level 2	Intro to Level 2
5:30-6:30pm	Sacred Sound Healing	Acro Yoga

50% off    Free    Babysitting    Candelit

\*\* 75 min class

Class Name	Style	Experience	Temperature	Length	Notes
Baby & Me	Yoga	All Ranges	70-75	60 Minutes	Yoga with your infant
Budokon	Vinyasa	Advanced	75-85	90 Minutes	Martial Arts and Yoga Flow
Hot Ra	Hot Series	All Ranges	105-110	60 Minutes	Hot Yoga
Meditation	Meditation	All Ranges	70-75	60 Minutes	Guided Meditation
Pre Natal	Yoga	All Ranges	70-75	60 Minutes	Yoga for Expecting Moms
Ra Strength 1	Power	Intermediate	90-95	60 Minutes	Yoga with Weights
Ra Strength 2	Power	Advanced	95-100	60 Minutes	Yoga with Weights
Ra Level 1	Vinyasa	All Ranges	75-80	45/60 Minutes	Foundational Yoga Flow
Intro to Ra Level 2	Vinyasa	Intermediate	90-95	60 Minutes	Expanded Yoga Flow
Ra Level 2	Vinyasa	Advanced	95-100	60 Minutes	Heated Yoga Flow
Ra Level 2 NH	Vinyasa	Advanced	75-80	60 Minutes	Non Heated Yoga Flow
Yin RaStore	Yin, Gentle	All Ranges	75-80	60/75 Minutes	Yoga to relax and flexibility
Yogalates	Pilates	Intermediate	95-100	60 Minutes	Yoga with Pilates

	Single Studio	Dual Studio
<b>Memberships (6 Month Commitment)</b>		
<b>Sol Membership (Unlimited yoga)</b>	<b>\$120</b>	<b>\$135</b>
*Discounts on 1st Month. STUDENT PRICING AVAILABLE.		
<b>Class</b>		
<b>1 Class</b>	<b>\$20</b>	
<b>5 Class Pack</b>	<b>\$95</b>	
<b>10 Class Pack</b>	<b>\$180</b>	
<b>20 Class Pack</b>	<b>\$320</b>	
<b>Account Add-ons:</b>		
Towel Membership \$10 per month.		
Unlimited Babysitting \$30 per month.		

# Newport Beach Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:15am	Yogalates	Ra Strength 2	Yogalates	Ra Strength 2	Ra Level 2
7:00-8:00am	Intro to Level 2	Ra Level 2	Hot Ra	Yogalates	Ra Strength 1
7:45-8:45am	Budokon**	Yogalates	Ra Level 2	Ra Level 2	Yogalates
9:00-10:00am	Hot Ra	Hot Ra	Intro to Level 2	Yin RaStore	Budokon**
9:30-10:30am	Ra Level 2	Ra 2 Non Heat	Yogalates	Budokon	Hot Ra**
10:30-11:30a	Ra Strength 2	Ra Strength 1	Ra Strength 1	Ra Strength 1	Yin RaStore
12:00-1:00pm	Intro to Level 2	Ra Level 1	Intro to level 2 /Baby and me	Ra Level 1	Intro to Level 2
3:45-4:45pm	Ra Level 2	Yin RaStore	Intro level 2**	Hot Ra	Ra Level 2
4:45-5:45pm	Intro to Level 2	Yogalates	Ra Strength 2	Ra Level 1	Hot Ra
5:15-6:15pm	Ra Strength 1	Intro Level 2	Hot Ra	Ra Strength 2	Intro 2 Non Heat
6:15-7:15pm	Ra Level 2	Ra Strength 2	Yogalates	Ra 2 Non Heat	Ra Strength 2
6:45-7:45pm	Yogalates	Ra Level 2	Ra Level 2	Yogalates	Intro to Level 2
7:45-8:45pm	Yin RaStore	Yin RaStore	Ra Level 1	Yin RaStore1	Yogalates
8:00-9:00pm	Ra Level 1	Hot Ra	Ra Strength 1	Intro to Level 2	

	Saturday	Sunday
8:30-9:30am	Ra Strength 1	Yogalates
9:00-10:00am	Intro Level 2	Ra Level 2
10:00-11:00am	Yogalates	Hot Ra
10:30-11:30am	Hot Ra	Ra Strength 1
12:00-1:00pm	Ra Level 2	Yin RaStore
3:30-4:30pm	Hot Ra	Yogalates
4:00-5:00pm	Yin RaStore	Ra Level 1
5:00-6:00pm	Acro Yoga	Hot Ra
5:30-6:30pm	Ra Strength 2	Ra Level 2

\*\* 75 or 90 min class

Class Name	Style	Experience	Temperature	Length	Notes
Budokon	Vinyasa	Advanced	75-85	75 Minutes	Martial Arts and Yoga Flow
Hot Ra	Hot Series	All Ranges	105-110	60 Minutes	Hot Yoga
Ra Strength 1	Power	Intermediate	90-95	60 Minutes	Yoga with Weights
Ra Strength 2	Power	Advanced	95-100	60 Minutes	Yoga with Weights
Ra Level 1	Vinyasa	All Ranges	75-80	60 Minutes	Foundational Yoga Flow
Intro to Ra Level 2	Vinyasa	Intermediate	90-95	60 Minutes	Expanded Yoga Flow
Ra Level 2	Vinyasa	Advanced	95-100	60 Minutes	Heated Yoga Flow
Yin RaStore	Yin, RaStorative	All Ranges	75-80	60/75 Minutes	Held poses with yoga flow
Acro Yoga	Partner Yoga	All Ranges	75-80	60 Minutes	Partner/acrobatics Yoga
Yogalates	Pilates	Intermediate	95-100	60 Minutes	Yoga with Pilates

	Regular	Student / Teacher
<b>Memberships (6 Month Commitment) Both</b>		
Sol Membership (Unlimited yoga)	<b>\$135*</b>	<b>\$115*</b>
*Discounts on 1 <sup>st</sup> Month.		
<b>Class</b>		
1 Class	<b>\$20</b>	<b>\$18</b>
5 Class Pack	<b>\$95</b>	<b>\$85</b>
10 Class Pack	<b>\$180</b>	<b>\$160</b>
20 Class Pack	<b>\$320</b>	<b>\$280</b>
<b>Account Add-ons:</b>		
Towel Membership \$10 per month.		
Unlimited Babysitting \$30 per month.		