

YOGAMAYA CLASS SCHEDULE

*Please check our website and follow us online for changes to the schedule.

Monday

9:00 AM - Hot Hatha Express
11:00 AM - Inferno Hot Pilates
4:30 PM - Hot Vinyasa Flow
6:15 PM - Hot Hatha

Tuesday

6:00 AM - Hot Vinyasa power hour
9:00 AM - Hot Hatha Express
4:30 PM - Inferno Hot Pilates
6:00 PM - Hot Vinyasa Flow
7:45 PM - Yin Yoga

Wednesday

9:00 AM - Hot Hatha Express
11:00 AM - Inferno Hot Pilates
4:30 PM - Hot Vinyasa Flow
6:15 PM - Hot Hatha 26+2

Thursday

6:00 AM - Hot Vinyasa power hour
9:00 AM - Hot Hatha Express
4:30 PM - Inferno Hot Pilates
6:00 PM - Hot Vinyasa Flow
7:45 PM - Yin Yoga

Friday

9:00 AM - Hot Hatha Express
11AM - Hot Vinyasa Power Hour
6:15 PM - Vin-Yin

Saturday

8:30 AM - Hot Hatha 26+2
10:30 AM - Hot Vinyasa Flow
12:15 PM - Inferno Hot Pilates

Sunday

8:30 AM - Hot Hatha 26+2
10:30 AM - Hot Vinyasa Flow
4:30 PM - Hot Vinyasa Power Hour
6 PM - Yin Yoga

HOT HATHA 26+2 - BIKRAM STYLE YOGA

Hot Hatha 26+2 is a series of 26 postures and 2 breathing exercises for 90 minutes taught in a heated room.

Intense heat. Suitable for all levels.

HOT HATHA EXPRESS

60 minutes of key, Bikram-style hot yoga.

Intense heat. Suitable for all levels.

HOT VINYASA

75-minute classic Vinyasa flow series, set to music, in a moderately heated room.

Moderate heat. Suitable for all levels.

HOT VINYASA POWER HOUR

60 minutes of intense Vinyasa flow, set to music, in a moderately heated room. If you love Inferno Hot Pilates then this is a great class for you!

Moderate heat. Suitable for all levels.

INFERNO HOT PILATES

Hot Pilates is a 60-minute training system that combines Pilates principles with high intensity interval training and is performed in a heated room.

Intense Heat. Level 1-2.

VIN-YIN

The first hour of this class will be Vinyasa-style yoga. A creative flow of asanas set to inspiring music. The last half hour of the class will be soft, soothing Yin Yoga. As opposed to Vinyasa or Hatha-style yoga Yin is a set of stretches that reach deep joints, tendons, ligaments, and connective tissue. Get both the Yin and Yang out of this uplifting yoga class.

Moderate heat. Suitable for all levels.

YIN YOGA

75-minute Yin Yoga is a slower-paced class with long-held passive poses doing wonders for joint health, flexibility, circulation, and mental focus.

Mild/no heat. Suitable for all levels.

Pre-Register

YogamayaStudio.com/schedule

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