

CHRISTMAS WEEK SCHEDULE

Saturday, Dec 21st – Friday, Dec 27th

Please see our live schedule online for the latest updates milpitas.worldsyoga.com/schedule

	SAT 12/21	SUN 12/22	MON 12/23	TUE 12/24	WED 12/25	THUR 12/26	FRI 12/27
AM	Progressive Power 9:15 - 10:30am	Hatha-Gentle 9:15 -10:30am					
	Mat Pilates 10:45- 11:45am						
Noon	YTT Free Community Vinyasa-Gentle 12 - 1pm			Vinyasa-Gentle 12 - 1pm		Vinyasa-Gentle 12 - 1pm	
Evening		Vinyasa Flow 4:45 - 6pm	Hatha-Gentle 5:45 - 7pm			Vinyasa Fusion 5:45 - 7pm	Vinyasa Flow 5:45 - 7pm
			Ashtanga Inspired 7:15 - 8:30pm			Hatha-Gentle 7:15 - 8:30pm	

HOLIDAY SPECIAL
10% DISCOUNT*
ON ALL CLASS PASSES
FROM DEC 1, 2019
THROUGH JAN 20, 2020

*Can not be combined with any other Specials or Promotions

Indicates classes heated up to 80 degrees

Indicates classes heated up to 90 degrees

NEW YEAR WEEK SCHEDULE

Saturday, Dec 28th – Friday, Jan 3rd

Please see our live schedule online for the latest updates milpitas.worldsyoga.com/schedule

	SAT 12/28	SUN 12/29	MON 12/30	TUE 12/31	WED 1/1	THUR 1/2	FRI 1/3
AM	Progressive Power 9:15 - 10:30am	Hatha-Gentle 9:15 -10:30am					
	Mat Pilates 10:45- 11:45am						
Noon	YTT Free Community Vinyasa-Gentle 12 - 1pm			Vinyasa-Gentle 12 - 1pm		Vinyasa-Gentle 12 - 1pm	
Evening			Hatha-Gentle 5:45 - 7pm			Vinyasa Flow 5:45 - 7pm	
			Ashtanga Inspired 7:15 - 8:30pm			Hatha-Gentle 7:15 - 8:30pm	Yin Yoga Spine Series 7:15 - 8:30pm

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