








As of January, 2012

# NAMASTE

EXTEND THE FINISH LINE

**Namaste The Yoga Spa**  
 377B South Oyster Bay Road  
 Plainview Shopping Center  
 Plainview, NY 11803-3301  
 (516) 931-8443  
[www.ntyspa.com](http://www.ntyspa.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am - 6:40 am <b>SILENT HOT YOGA</b> (by invitation only)	5:30 am - 6:40 am <b>SILENT HOT YOGA</b> (by invitation only)	5:30 am - 6:40 am <b>SILENT HOT YOGA</b> (by invitation only)	5:30 am - 6:40 am <b>SILENT HOT YOGA</b> (by invitation only)	5:30 am - 6:40 am <b>SILENT HOT YOGA</b> (by invitation only)	7:30 am – 8:30 am <b>SILENT HOT YOGA</b> (by invitation only)	7:30 am – 8:30 am <b>SILENT HOT YOGA</b> (by invitation only)
9:30 am – 11:00 am <b>HOT YOGA</b>	9:30 am – 10:45 am <b>HOT VINYASA</b>	9:30 am – 10:40 am <b>HOT ASHTANGA</b>	9:30 am – 10:40 am <b>HOT YOGA EXPRESS</b>  NEW 	9:30 am – 11:00 am <b>HOT YOGA</b>  9:30 am - 11:00 am <b>FLOW YOGA</b>	9:00 am – 10:30 am <b>HOT YOGA</b>	9:00 am – 10:30 am <b>HOT YOGA</b>
11:15 am -12:15 pm <b>HOT YOGA EXPRESS</b>  NEW 	11:00 am – 12:00 pm <b>HOT YOGA EXPRESS</b>	11:00 am – 12:00 pm <b>HOT YOGA EXPRESS</b>	11:00 am – 12:00 pm <b>HOT SHADOWBOXING</b>  NEW 	11:15 am - 12:30 pm <b>YIN YOGA</b>		
5:30 pm –6:30 pm <b>HOT CORE</b>	6:30 pm – 7:30 pm <b>HOT YOGA EXPRESS</b>  NEW 	7:00 pm –8:30 pm <b>HOT YOGA</b>	4:30 pm – 5:15 pm <b>KIDS YOGA</b> <i>(5 - 10 years of age)</i>  NEW 	4:30 pm – 6:00 pm <b>HOT YOGA</b>	4:30 pm – 5:45 pm <b>HOT YOGA SURPRISE</b> <i>(October 1 - May 31)</i>	
7:00 pm –8:30 pm <b>HOT YOGA</b>	8:00 pm –9:30 pm <b>HOT YOGA</b>		6:30 pm – 7:30 pm <b>HOT VINYASA FLOW</b>	6:30 pm –7:30 pm <b>HOT YOGA EXPRESS</b>		
			8:00 pm –9:30 pm <b>HOT YOGA</b>			