



As of June 2010

NAMASTE
EXTEND THE FINISH LINE

Namaste The Yoga Spa
377A South Oyster Bay Road
Plainview Shopping Center
Plainview, NY 11803-3301
(516) 931-8443
www.ntyspa.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	7:30 am – 8:30 am SILENT HOT YOGA (by invitation only)	7:30 am – 8:30 am SILENT HOT YOGA (by invitation only)
9:30 am – 11:00 am HOT YOGA	9:30 am – 10:45 am ASHTANGA <i>(odd # days)</i> HOT PILATES <i>(even # days)</i>	9:30 am – 11:00 am HEATED YOGA CORE	9:30 am – 11:00 am HOT YOGA	9:30 am – 11:00 am HOT YOGA 9:30 am - 11:00 am FLOW YOGA	9:00 am – 10:30 am HOT YOGA	9:00 am – 10:30 am HOT YOGA
11:15 am -12:45 pm BAPTISTE HOT POWER YOGA	11:00 am – 12:00 pm HOT YOGA EXPRESS	11:00 am – 12:00 pm HOT YOGA EXPRESS	11:15 am – 12:45 pm HOT BARKAN METHOD	11:15 am - 12:30 pm YIN YOGA		
4:30 pm – 6:00 pm HOT YOGA	4:30 pm - 5:30 pm KIDS YOGA 4, 5, 6 year olds <i>begins Sept. 14, 2010</i>			4:30 pm – 6:00 pm HOT YOGA		
7:00 pm –8:30 pm HOT YOGA	6:30 pm – 7:30 pm POWER YOGA	7:00 pm –8:30 pm HOT YOGA	6:30 pm – 7:30 pm HOT VINYASA FLOW	6:30 pm –7:30 pm HOT YOGA EXPRESS		
	8:00 pm –9:30 pm HOT YOGA		8:00 pm –9:30 pm HOT YOGA			