



Namaste

Extend the finish line

Namaste The Yoga Spa
 3778 South Oyster Bay Road
 Plainview Shopping Center
 Plainview, NY 11803-3301
 (516) 931-8443

www.ntyspa.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am - 9:00am Hot Vinyasa	6:30am - 7:30am Hot Yoga		6:30am - 7:30am Hot Yoga	8:00am - 9:00am Hot Yoga	7:30am - 8:30am Hot Yoga	7:30am - 8:30am Hot Yoga
9:30am - 10:30am Hot Yoga	8:00am - 9:00am Hot Mat Pilates		8:00am - 9:00am Hot Vinyasa	9:30am - 10:30am Hot Vinyasa	9:00am - 10:00am Hot Yoga	9:00am - 10:00am Hot Yoga
	9:30am - 10:30am Hot Ashtanga	9:30am - 10:30am Hot Yoga	9:30am - 10:30am Yoga Boot Camp		10:30am - 11:30am Hot Yoga	10:30am - 11:30am Hot Yoga
		11:00am - 12:00pm Hot Sculpt				
5:30pm - 6:30pm Hot Boot Camp		5:30pm - 6:30pm Hot Body		4:30pm - 5:30pm Hot Vinyasa		
	6:30pm - 7:30pm Hot Yoga		6:30pm - 7:30pm Hot Yoga	6:00pm - 7:00pm Hot Yoga		
7:00pm - 8:00pm Hot Yoga		7:00pm - 8:00pm Hot Yoga				

Each day one class is zoomed and is available to all members upon request live or recorded.