



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 9:30am - 10:30am Hot Yoga	6:30am - 7:30am Hot Yoga 8:00am - 9:00am Hot Mat Pilates 9:30am - 10:30am Hot Ashtanga	8:00am - 9:00am Hot Lift and Flow 9:30am - 10:30am Hot Yoga	6:30am - 7:30am Hot Yoga 8:00am - 9:00am Hot Mat Pilates 9:30am - 10:30am Hot Yoga	8:00am - 9:00am Hot Yoga 9:30am - 10:30am Hot Vinyasa	7:30am - 8:30am Hot Yoga 9:00am - 10:00am Hot Yoga 10:30am - 11:30am Hot Yoga	7:30am - 8:30am Hot Yoga 9:00am - 10:00am Hot Yoga
5:30pm - 6:30pm Hot Boot Camp	6:30pm - 7:30pm Hot Yoga	5:30pm - 6:30pm Hot Body	6:30pm - 7:30pm Hot Yoga	4:30pm - 5:30pm Hot Lift and Flow 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.