



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
	630am - 7:30am Hot Yoga	630am - 7:30am Hot Yoga	6:30am - 7:30am Hot Boot Camp	8:00am - 9:00am Hot Yoga	7:30am - 8:30am Hot Yoga	7:30am - 8:30am Hot Yoga
9:30am - 10:30am Hot Yoga	9:30am - 10:30am Hot Ashtanga	9:30am - 10:30am Hot Yoga	9:30am - 10:30 Hot Boot Camp	9:30am - 10:30am Hot Vinyasa	9:00am - 10:00am Hot Yoga	9:00am - 10:00am Hot Yoga
11:00am - 12:00pm Hot Vinyasa	11:00am - 12:00pm Hot Pilates	11:00am - 12:00pm Hot Sculpt	11:00am - 12:00pm Hot Yoga	11:00am - 12:00pm Yin		
5:30pm - 6:30pm Hot Boot Camp		5:30pm - 6:30pm Hot Body		4:30pm - 5:30pm Hot Vinyasa	4:30pm - 5:30pm Hot Surprise <small>(October 1st - May 31st Only)</small>	
	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.