

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

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
630am - 7:30am Hot Yoga 9:30am -10:30am Hot Ashtanga 11:00am -12:00pm Hot Pilates	630am - 7:30am Hot Ashtanga 9:30am - 10:30am Hot Yoga 11:00am -12:00pm Hot Sculpt	6:30am - 7:30am Hot Boot Camp 9:30am - 10:30 Hot Body 11:00am - 12:00pm Hot Yoga	8:00am - 9:00am Hot Yoga 9:30am - 10:30am Hot Vinyasa 11:30am - 12:30pm Yin	7:30am - 8:30am Hot Yoga 9:00am - 10:00am Hot Yoga	7:30am - 8:30am Hot Yoga 9:00am - 10:00am Hot Yoga
6:30pm - 7:30pm Hot Yoga	5:30pm - 6:30pm Hot Body 7:00pm -8:00pm Hot Yoga	6:30pm - 7:30pm Hot Yoga	4:30pm - 5:30pm Hot Barkan 6:00pm-7:00pm Hot Yoga	4:30pm - 5:30pm Hot Surprise (October 1st - May 31st Only)	
	630am - 7:30am Hot Yoga 9:30am - 10:30am Hot Ashtanga 11:00am - 12:00pm Hot Pilates 6:30pm - 7:30pm	630am - 7:30am 630am - 7:30am Hot Yoga 630am - 7:30am 9:30am - 10:30am 9:30am - 10:30am Hot Ashtanga 9:30am - 10:30am 11:00am - 12:00pm 11:00am - 12:00pm Hot Pilates 11:00am - 12:00pm S:30pm - 6:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm T:00pm - 8:00pm	630am - 7:30am 630am - 7:30am 6:30am - 7:30am Hot Yoga 9:30am - 10:30am 9:30am - 10:30am 9:30am - 10:30am 9:30am - 10:30am 9:30am - 10:30 Hot Ashtanga 11:00am - 12:00pm Hot Body 11:00am - 12:00pm 11:00am - 12:00pm 11:00am - 12:00pm Hot Pilates 5:30pm - 6:30pm Hot Yoga 6:30pm - 7:30pm 5:30pm - 6:30pm Hot Yoga 6:30pm - 7:30pm 7:00pm - 8:00pm 6:30pm - 7:30pm	630am - 7:30am 630am - 7:30am 6:30am - 7:30am 8:00am - 9:00am Hot Yoga 9:30am - 10:30am 9:30am - 10:30 9:30am - 10:30 9:30am - 10:30am 9:30am - 10:30 9:30am - 10:30 9:30am - 10:30 Hot Ashtanga 9:30am - 10:30am 9:30am - 10:30 9:30am - 10:30 11:00am - 12:00pm Hot Sculpt 11:00am - 12:00pm 11:30am - 12:30pm Hot Pilates 11:00am - 12:00pm 11:00am - 12:00pm 11:30am - 12:30pm S:30pm - 6:30pm Hot Body 4:30pm - 5:30pm 4:30pm - 5:30pm 6:30pm - 7:30pm Hot Body 6:30pm - 7:30pm Hot Yoga 6:30pm - 7:30pm Hot Yoga 6:30pm - 7:30pm Hot Yoga	630am - 7:30am Hot Yoga 630am - 7:30am Hot Ashtanga 6:30am - 7:30am Hot Boot Camp 8:00am - 9:00am Hot Yoga 7:30am - 8:30am Hot Yoga 9:30am - 10:30am Hot Ashtanga 9:30am - 10:30am Hot Yoga 9:00am - 10:00am Hot Yoga 11:00am - 12:00pm Hot Pilates 11:00am - 12:00pm Hot Sculpt 11:00am - 12:00pm Hot Yoga 11:30am - 12:30pm Yin 4:30pm - 5:30pm Hot Barkan 4:30pm - 5:30pm Hot Surprise (october 1st - May 31st Only)

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