

## 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 <b>Hot Ashtanga</b> 9:30am - 10:30am <b>Hot Yoga</b> 11:00am -12:00pm <b>Hot Sculpt</b>	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 <b>Hot Yoga</b> 9:00am - 10:00am <b>Hot Yoga</b>	7:30am - 8:30am <b>Hot Yoga</b> 9:00am - 10:00am <b>Hot Yoga</b>
6:30pm - 7:30pm <b>Hot Yoga</b>	5:30pm - 6:30pm <b>Hot Body</b> 7:00pm -8:00pm <b>Hot Yoga</b>	6:30pm - 7:30pm <b>Hot Yoga</b>	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.