

Monday

6:00 – 7:30 am	Hot
10:00 – 11:30 am	Hot
11:45 – 12:45 pm	Hot Power Flow
4:30 – 6:00 pm	Hot (Babysitting Available)
5:00 – 6:00 pm	Forrest (Babysitting Available)
6:15 – 7:45 pm	Flow
6:30 – 8:00 pm	Hot
7:00 – 8:00 pm	Yoga For Athletes
8:00 – 9:30 pm	Ashtanga
8:15 – 9:45 pm	Hot

Tuesday

6:00 – 7:00 am	Hot 60
7:30 – 8:30 am	Hot 60
10:00 – 11:30 am	Hot
11:45 – 12:45 pm	Forrest
4:30 – 6:00 pm	Hot
5:00 – 6:00 pm	Forrest
6:00 – 7:00 pm	Aerial Silks Yoga (\$20 drop-in)
6:15 – 7:45 pm	Flow
6:30 – 8:00 pm	Hot
7:00 – 8:00 pm	Free Meditation
8:00 – 9:00 pm	Flow
8:15 – 9:15 pm	Hot 60

Wednesday

6:00 – 7:30 am	Hot
10:00 – 11:30 am	Silent Hot (Babysitting Avail)
11:45 – 12:45 pm	Hot Power Flow
4:30 – 6:00 pm	Hot
5:00 – 6:00 pm	Flow
6:15 – 7:45 pm	Forrest
6:30 – 8:00 pm	Hot
8:00 – 9:30 pm	Ashtanga
8:15 – 9:45 pm	Hot

Thursday

6:00 – 7:00 am	Hot 60
7:30 – 8:30 am	Hot 60
8:00 – 11:30 am	Hot
11:45 – 12:45 pm	Forrest
4:30 – 6:00 pm	Hot
5:00 – 6:00 pm	Forrest
6:15 – 7:45 pm	Flow II
6:30 – 8:00 pm	Hot
7:15 – 8:15 pm	Aerial Skills Yoga
8:00 – 9:15 pm	Pralaya Yoga
8:15 – 9:15 pm	Hot 60



Power of 10!

10 days of consecutive yoga for \$20 for all new yogis living in the greater Houston area.

Friday

6:00 - 7:30 am	Hot
9:30 - 10:30 am	Flow
10:00 - 11:30 am	Hot
11:45 - 12:45 pm	Hot Power Flow
4:30 - 6:00 pm	Hot
5:00 - 6:00 pm	Flow
6:30 - 7:30 pm	Hot 60

Saturday

8:00 - 9:30 am	\$5 Community
9:30 - 11:00 am	Flow (Babysitting Available)
10:00 - 11:30 am	Hot (Babysitting Available)
11:45 - 1:15 pm	Forrest
4:30 - 6:00 pm	Hot
5:00 - 6:00 pm	Anusara

Sunday

8:00 - 9:30 am	\$5 Community
9:30 - 11:00 am	Flow 101
10:00 - 11:30 am	Hot
11:45 - 1:15 pm	Flow II
2:00 - 3:00 pm	Belly Dance or Bollywood Aerobics
4:30 - 6:00 pm	Hot
5:00 - 6:00 pm	Flow
6:15 - 7:45 pm	Jivamukti
6:30 - 7:30 pm	Hot 60

YogaOne Studios
3030 Travis
Houston TX 77006

Now New Location
YogaOne Memorial
5750 Woodway Dr.
Houston TX 77057
(see schedule online)

phone: 713-522-0876

email: info@YogaOneHouston.com

website: www.YogaOneHouston.com



Hot (60 or 90 minutes)

This is the core hot yoga class at YogaOne. It is a hatha yoga sequence practiced in a hot room in order to allow the body to warm up quickly to deepen the practice and to maximize the cleansing nature of the postures. This sequence is designed to provide a full workout for the entire body and leaves the student exhausted but invigorated. There are brief resting postures between the active poses. This class is for beginners through advanced students. Hot, 102-105 degrees F, 50-60% humidity. (BEGINNER FRIENDLY) Note: Hot 60 classes do not have programmed water breaks. Please come fully hydrated.

Flow (60 or 90 minutes)

This is a more active class with continuous movement where one flows from one posture to the next without rest in-between. This style of yoga is a great compliment to our Hot classes. Some previous yoga experience is generally recommended for these classes, but other than Flow 2 classes, all Flow classes are all levels. Warm, but not hot, 80-85 degrees F. (BEGINNERS TO FLOW ARE ENCOURAGED TO START IN OUR WEEKLY FLOW 101 CLASS).

Forrest Yoga (60-90 Minutes)

Forrest Yoga uses intense pose sequences, compassionately taught, to develop skills in awakening each of the senses. You will sweat, gain strength, release tension, and breathe much better after experiencing a Forrest Yoga class. Warm, but not hot, 85-90 degrees ALL LEVELS.

Belly Dance (60 minutes)

This class will teach you the fundamentals of Belly Dance. This class is designed to emphasize strength, posture, and technique while you develop the muscle control characteristic of belly dance. The class environment will be challenging, encouraging and fun. (BEGINNER FRIENDLY)

Bollywood Aerobics (60 minutes)

Come learn the latest Bollywood dance moves in this invigorating and fun class set to a Bollywood beat! You will smile as you sweat and learn to move your body in new ways. (BEGINNER FRIENDLY)

Jivamukti Yoga

This class is suited for beginners or advanced yogis. A typical class consists of strong vinyasa sequence partnered relaxation techniques. Class is always accompanied by a conscious playlist that might include Bob Dylan, Krishna Das, Gregorian chants, or The Beatles.