

AmericanPowerYoga.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM Yoga	6 AM Yoga	6AM Yoga	6 AM Yoga	6AM Yoga	6AM Yoga	8:15 Yoga
10 AM Yoga	8:30 AM Yoga	8:30 AM Martial Training Camp	8:30 AM Yoga	8:30 AM Martial Training Camp	8:30 AM Yoga	8:15 AM Condition
4 PM Yoga	10 AM Condition	10 AM Yoga	10 AM Condition	10 AM Yoga	10 AM Condition	9:15 AM Martial Training Camp
	Noon Yoga	Noon Yoga	Noon Yoga	Noon Yoga	Noon Yoga	
	5:15 PM Yoga	4:45 PM Yoga	5:15 PM Yoga	4:45 PM Yoga	5:15 Yoga	10:30 AM Yoga
	5:30 PM Condition	5 PM Condition	5:30 PM Condition	5 PM Condition		
	6:30 PM Yoga	6 PM Yoga	6:30 PM Yoga	6 PM Yoga		
	6:30 PM Martial Training Camp	6 PM LFM	6:30 PM Martial Training Camp	6 PM LFM		
	7:45 PM Yoga	7:15 PM Yoga	7:45 PM Yoga	7:15 PM Yoga		

All classes at APY are open level so every practitioner can explore their own strengths.

Yoga classes are all power yoga, 60 minutes long and gently heated to 85 degrees.

Condition uses martial arts conditioning techniques to create a high intensity aerobic work out in 45 minutes. Martial Training Camp is offered from Jan. 9-Mar. 3. This 60 minute class combines conditioning techniques with practical application mixed martial arts.

LFM stands for Lightening Fire Mountain Kung Fu System. Please see the website for details on this program.