

## Classes

Monday Tuesday Wednesday Thursday Friday Saturday Sunday ---

6:00am--- This

6am class will

return Oct--- This

7am class will

return Oct7:00am8:00am

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9:45am9:45am9:45am9:45am9:45am 9:45am----- --- --- 2:00pm---4:00pm4:00pm 4:00pm4:00pm4:00pm4:00pm  
4:00pm

6:00pm6:00pm6:00pm6:00pm6:00pm ---6:00pm

7:45pm7:45pm7:45pm7:45pm --- -----

For further scedhule details visit <http://bikramyoganews.weebly.com>

Please give yourself plenty of time to get here, because if you miss out by 1 minute there are no late dmittances. Classes start promptly at the given times and the doors are locked during class, reopening hour before next class.

As a beginner we would expect you to be a little overwhelmed.

So take your Introductory Special 10 Day pass at a relaxed pace but with awareness.

Please be aware that your 10 Day Introductory Special starts on the day of your first class.

Learn what you can during your introduction and bring it to your next class, everybody is here to help you!