

# ONE TRIBE YOGA & WELLNESS

1006 e warner rd, suite #111, tempe 85284  
www.onetribelife.life - 480-676-9642 (call or text!)

# ONE TRIBE

SUNDAY

- 8-9  hot vinyasa
- 9:15-10:15  hot vinyasa
- 10:30-11:30  slow flow
- 12-1:30  ashtanga (led primary)
- 4-5  candlelight yin / stretch

MONDAY

- 5:30-6:30  hot vinyasa
- 8:30-9:30  hot vinyasa
- 10:30-11:45  slow flow + stretch (75min.)
- 12-12:50  hot vinyasa express (50min.)
- 4:30-5:30  hot vinyasa
- 5:45-7:00  ashtanga (led primary)

TUESDAY

- 5:30-6:30  ashtanga (led short form)
- 8:30-9:30  hot vinyasa
- 10:30-11:45  slow flow + stretch (75min.)
- 12-12:50  hot vinyasa express (50min.)
- 4:30-5:30  hot vinyasa
- 6-7  slow flow
- 7:15-8:15  candlelight yin / stretch

WEDNESDAY

- 5:30-6:30  hot vinyasa
- 8:30-9:30  hot vinyasa
- 10:30-11:45  slow flow + stretch (75min.)
- 12-12:50  hot vinyasa express (50min.)
- 4:30-5:30  hot vinyasa
- 5:45-6:45  hot vinyasa

THURSDAY

- 5:30-6:30  ashtanga (led short form)
- 8:30-9:30  hot vinyasa
- 10:30-11:45  slow flow + stretch (75min.)
- 12-12:50  hot vinyasa express (50min.)
- 4:30-5:30  hot vinyasa
- 6-7  slow flow
- 7:15-8:15  candlelight yin / stretch

FRIDAY

- 5:30-6:30  hot vinyasa
- 8:30-9:30  hot vinyasa
- 10:30-11:45  slow flow + stretch (75min.)
- 12-12:50  hot vinyasa express (50min.)
- 4:30-5:30  hot vinyasa

SATURDAY

- 8-9  hot vinyasa
- 9:15-10:15  hot vinyasa
- 10:30-11:30  slow flow
- 12-1  candlelight yin / stretch
- 4-5  hot vinyasa
- 5:30-6:30  meditation (donation based)