

ONE TRIBE

YOGA & WELLNESS

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

monday	5:30-6:30	<input type="checkbox"/>	hot vinyasa
	8:30-9:30	<input type="checkbox"/>	hot vinyasa
	10:30-11:45	<input type="checkbox"/>	slow flow + stretch (75min.)
	12-12:50	<input type="checkbox"/>	hot vinyasa express (50min.)
	4:30-5:30	<input type="checkbox"/>	hot vinyasa
	5:45-7:00	<input type="checkbox"/>	hot vinyasa
tuesday	5:30-6:30	<input type="checkbox"/>	ashtanga (led short form)
	8:30-9:30	<input type="checkbox"/>	hot vinyasa
	10:30-11:45	<input type="checkbox"/>	slow flow + stretch (75min.)
	12-12:50	<input type="checkbox"/>	hot vinyasa express (50min.)
	4:30-5:30	<input type="checkbox"/>	hot vinyasa
	6-7	<input type="checkbox"/>	slow flow
	7:15-8:15	<input type="checkbox"/>	candlelight yin / stretch
wednesday	5:30-6:30	<input type="checkbox"/>	hot vinyasa
	8:30-9:30	<input type="checkbox"/>	hot vinyasa
	10:30-11:45	<input type="checkbox"/>	slow flow + stretch (75min.)
	12-12:50	<input type="checkbox"/>	hot vinyasa express (50min.)
	4:30-5:30	<input type="checkbox"/>	hot vinyasa
	5:45-6:45	<input type="checkbox"/>	hot vinyasa
thursday	5:30-6:30	<input type="checkbox"/>	ashtanga (led short form)
	8:30-9:30	<input type="checkbox"/>	hot vinyasa
	10:30-11:45	<input type="checkbox"/>	slow flow + stretch (75min.)
	12-12:50	<input type="checkbox"/>	hot vinyasa express (50min.)
	4:30-5:30	<input type="checkbox"/>	hot vinyasa
	6-7	<input type="checkbox"/>	slow flow
	7:15-8:15	<input type="checkbox"/>	candlelight yin / stretch
friday	5:30-6:30	<input type="checkbox"/>	hot vinyasa
	8:30-9:30	<input type="checkbox"/>	hot vinyasa
	10:30-11:45	<input type="checkbox"/>	slow flow + stretch (75min.)
	12-12:50	<input type="checkbox"/>	hot vinyasa express (50min.)
	4:30-5:30	<input type="checkbox"/>	hot vinyasa
saturday	8-9	<input type="checkbox"/>	hot vinyasa
	9:15-10:15	<input type="checkbox"/>	hot vinyasa
	10:45-11:45	<input type="checkbox"/>	slow flow
	12-1	<input type="checkbox"/>	candlelight yin / stretch
	4-5	<input type="checkbox"/>	hot vinyasa
sunday	8-9	<input type="checkbox"/>	hot vinyasa
	9:15-10:15	<input type="checkbox"/>	hot vinyasa
	10:45-11:45	<input type="checkbox"/>	slow flow
	12-1:15	<input type="checkbox"/>	ashtanga primary series
	4-5	<input type="checkbox"/>	candlelight yin / stretch