






























	MON	TUE	WED	THU	FRI	SAT	SUN
6 AM							
8 AM							
9:30 AM					Vinyasa Flow		
10 AM							
12 PM		Fusion	Vinyasa Flow	Fusion		Vinyasa Flow	
3 PM							
4 PM							
5 PM							Candlelight YIN
5:30 PM					All Mixed Up! See online calendar For this week's class.	 <p>SUMITS YOGA TUCSON</p> <p>4951 E. Grant Rd. Tucson, AZ 85712 PH: (520) 428-1177 sumitsyogatucson.com</p>	
7 PM				Candlelight YIN			
8:30 PM							



Sumits Yoga - 80 minute hot yoga sequence designed for all levels, beginner through advanced. Combining traditional standing postures with a fun flow sequence.



Sumits Express - 60 minute hot yoga sequence designed for all levels, beginner through advanced. Combining traditional standing postures with a fun flow sequence.

Fusion - 50 minute warm true total body workout. Using light weights and your own body weight, interval training fused with yoga to heart pumping music.

Candlelight Yin - 80 minute cool Yin (passive) yoga is a deep, quiet practice targeting the connective tissue, fascia, and joints.

Vinyasa Flow - 60 minute warm Warm sequence of intermediate and advanced postures focusing on movement with breathe, new sequence each time keeps your practice fresh and growing.