



## UNIVERSITY CLASS SCHEDULE

Monday	6:00-7am	Vinyasa <i>(Hot)</i>
	9:45-11am	Vinyasa
	12-1pm	<b>Community</b> Lunch
	5:30-6:30pm	Vinyasa
	6:00-7pm	Beginner's Vinyasa
Tuesday	6:45-8pm	Vinyasa <i>(Hot)</i>
	7:00-8am	Vinyasa
	9:45-11am	Vinyasa
	5:30-6:30pm	Vinyasa <i>(Hot)</i>
Wednesday	6:30-7:45pm	Prenatal
	6:45-7:45pm	Vinyasa
	9:45-11am	Vinyasa
	11-12noon	Ease and Flow
	12-1pm	<b>Community</b> Lunch
Thursday	5:30-6:45pm	Vinyasa Chill
	6:00-7pm	Basics*
	7-8pm	Vinyasa
	7:15-8:15pm	Yin Yoga
	7:00-8am	Vinyasa
Friday	9:45-11am	Vinyasa
	5:30-6:30pm	Vinyasa
	12-1pm	<b>Community</b> Lunch
	6:00-7am	Vinyasa <i>(Hot)</i>
Saturday	9:45-11:15am	Yin Yang Yoga
	11:30-12:30am	Basics*
	1:00-2pm	Vinyasa
	2:15-3:30pm	Prenatal
Sunday	3:45-5:00pm	Ease and Flow
	9:30-11am	Vinyasa <i>(Hot)</i>
	11:30-12:30pm	Long, Slow & Deep
	4:00-5pm*	Karma Class <i>(Last Sunday of Month)</i>

Friday	6:00-7am	Vinyasa <i>(Hot)</i>
	9:45-11am	Vinyasa
	12-1pm	<b>Community</b> Lunch
	5:30-6:30pm	Vinyasa
Saturday	8:00-9am	<b>Community</b> Vinyasa <i>(Hot)</i>
	9:45-11:15am	Yin Yang Yoga
	11:30-12:30am	Basics*
	1:00-2pm	Vinyasa
Sunday	2:15-3:30pm	Prenatal
	3:45-5:00pm	Ease and Flow
	9:30-11am	Vinyasa <i>(Hot)</i>
	11:30-12:30pm	Long, Slow & Deep
	4:00-5pm*	Karma Class <i>(Last Sunday of Month)</i>

*All Classes Are All Levels*

### Gotta Yoga Class Pricing:

**\$15** drop-in / **\$5** Community class

**\$150 New Student Package:** 16 class pass

**\$25 Starter Pass:** 1 week of unlimited yoga

**\$60** 5 class pass / **\$110** 10 class pass / **\$195** 20 class pass

Unlimited monthly: individual **\$135** / couples **\$175**

6 Month unlimited for **\$725**

Full-time Students: **15% discount** on yoga packages

Private instruction available.

*\* Karma Classes: Held on last Sunday of every month only. Minimum \$5 donation. All cash donations are given to the Karma of the month. Find montly Karma details online.*

\* Basic classes are taught in a eight week rotation –

**Wk1:** Sun Salutations A&B **2:** Warriors/Triangle

**3:** Crescent/Twists **4:** Forward Bends

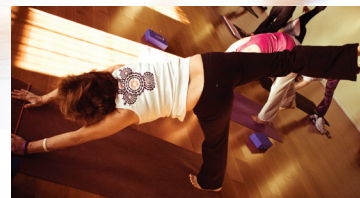
**5:** Balancing **6:** Hip openers,

**7:** Back Bends **8:** Inversions.

**Fall 2011 Teacher Training  
RYT 200hr Dates Announced!**

Learn more at:

[www.gottayogastudio.com](http://www.gottayogastudio.com)



Visit us on-line for complete information about our classes, events, workshops & trainings:

[www.gottayogastudio.com](http://www.gottayogastudio.com)

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