

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	vinyasa 7:00 - 8:00am		vinyasa 7:00 - 8:00am			
hatha 9:00 - 10:15am	vinyasa 9:00 - 10:15am	hatha 9:30 - 10:45am	vinyasa 9:00 - 10:15am	hatha 9:00 - 10:15am	power vinyasa 9:00 - 10:15am	vinyasa 9:00 - 10:15am
	MELT method 10:30 - 11:45am		MELT method 10:30 - 11:45am			power vinyasa 10:30 - 11:45am
vinyasa 12:00 - 1:00pm	hatha 12:00 - 1:15pm	vinyasa 12:00 - 1:00pm	hatha 12:00 - 1:15pm	vinyasa 12:00 - 1:00pm	vinyasa 12:00 - 1:15pm	restorative 12:00 - 1:30pm
					vinyasa restorative 4:00 - 5:30pm	candlelight yin 4:00 - 5:30pm
vinyasa 5:30 - 6:30pm	power vinyasa 5:30 - 6:30pm	♥ vinyasa 5:30 - 6:30pm	power vinyasa 5:30 - 6:30pm	vinyasa 4:30 - 5:30pm		
yin 7:00 - 8:15pm	restorative 7:00 - 8:15pm	yin 7:00 - 8:15pm	restorative 7:00 - 8:15pm			

+ visit rootwholebody.com for teacher names, bios, class descriptions & live schedule updates

♥ happy hour class \$13 | complimentary for whole body health account holders



whole body

2019

NE | IRVINGTON

NE 15 & BRAZEE | 503.288.7668

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
vinyasa 6:00 - 7:15am	power vinyasa 6:00pm - 7:30am	vinyasa 6:00 - 7:15am	power vinyasa 6:00pm - 7:30am	vinyasa 6:00 - 7:15am		
hatha 9:00 - 10:30am	vinyasa 9:00 - 10:15am	power vinyasa 9:00 - 10:30am	vinyasa 9:00 - 10:15am	hatha 9:00 - 10:30am	power vinyasa 8:00 - 9:30am	vinyasa 9:00 - 10:30am
	mat pilates 10:30 - 11:45am		mat pilates 10:30 - 11:45am		vinyasa 10:00 - 11:30am	
vinyasa 12:00pm - 1:15pm	hatha 12:00 - 1:15pm	vinyasa 12:00 - 1:15pm	hatha 12:00 - 1:15pm	vinyasa 12:00 - 1:15pm		power vinyasa 11:00 - 12:30pm
vinyasa 4:00 - 5:15pm		hatha 4:00 - 5:15pm		power vinyasa 4:30 - 5:30pm	vinyasa 4:00 - 5:30pm	restorative 4:00 - 5:30pm
power vinyasa 5:30 - 6:30pm	vinyasa 5:45 - 7:00pm	♥ power vinyasa 5:30 - 6:30pm	vinyasa 5:45 - 7:00pm			
hatha 7:00 - 8:15pm	yin 7:15 - 8:15pm	hatha 7:00 - 8:15pm	yin 7:15 - 8:30pm	candlelight yin 7:00 - 8:30pm		

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