



whole body

2019

NW | SLABTOWN

NW 21 & QUIMBY | 503.292.7668

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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			
vinyasa 12:00 - 1:00pm	hatha 12:00 - 1:00pm	vinyasa 12:00 - 1:00pm	hatha 12:00 - 1:00pm	vinyasa 12:00 - 1:00pm	hatha 12:00 - 1:15pm	restorative 12:00 - 1:30pm
vin-yin 6:00 - 7:15pm	vin-restore 6:00 - 7:15pm	♥ vin-yin 6:00 - 7:15pm	vin-restore 6:00 - 7:15pm			candlelight yin 4:00 - 5:30pm

+ 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 6:00 - 7:30am	vinyasa 6:00 - 7:15am	power vinyasa 6:00 - 7:30am	vinyasa 6:00 - 7:15am	power vinyasa 8:00 - 9:30am	hatha *9:00 - 10:30am (starts 8.18.19)
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	vinyasa 10:00 - 11:30am	power vinyasa 11:00 - 12:30pm
vinyasa 4:00 - 5:15pm	hatha 12:00 - 1:15pm	slow flow 12:00 - 1:15pm	power vinyasa 4:00 - 5:15pm	power vinyasa 4:00 - 5:15pm		restorative 4:00 - 5:30pm
power vinyasa 5:30 - 6:30pm	hatha 4:00 - 5:15pm	hatha 4:00 - 5:15pm	MELT method 4:00 - 5:15pm	MELT method 5:30 - 6:45pm		
hatha 7:00 - 8:15pm	MELT method 5:30 - 6:45pm	♥ power vinyasa 5:30 - 6:30pm	power vinyasa 5:30 - 6:45pm	power vinyasa 5:30 - 6:15pm		
	yin 7:00 - 8:15pm	hatha 7:00 - 8:15pm	yin 7:00 - 8:15pm	candlelight yin 7:00 - 8:30pm		

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