



# Arrichion Hot Yoga

Schedule & Class Descriptions (Raleigh)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 AM	6:15 - 7:00 AM	6:15 - 7:00 AM	6:15 - 7:00 AM	6:15 - 7:00 AM		
Black Opal	Krystallos	Warrior**	Topaz	Bloodstone		
					7:45 - 8:45 AM	
					Black Opal	
					9:00 - 10:00 AM	8:45 - 9:30 AM
9:30 - 10:15 AM	9:30 - 10:15 AM	9:30 - 10:15 AM			Topaz	Warrior**
Topaz	Sparta † (pre-register)	Bloodstone			10:15 - 11:00 AM	10:00 - 10:45 AM
					Diamond	Topaz
12:00 - 12:45 PM	12:00 - 12:45 PM	12:00 - 12:45 PM	12:00 - 12:45 PM	12:00 - 12:45 PM		12:00 - 1:00 PM
Warrior**	Topaz	Warrior**	Bloodstone	Sparta † (pre-register)	Warrior**	Sparta † (pre-register)
4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM		4:15 - 5:00 PM
Bloodstone	Topaz	Black Opal	Topaz	Topaz		Bloodstone
5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM		5:30 - 6:30 PM
Bloodstone	Topaz	Black Opal	Tiger's Eye**	Advanced Mystery Stone*		Diamond
		6:00 - 7:00 PM		Only for members with 60 or more classes at Arrichion		
		Sparta † (pre-register)				
7:00 - 8:00 PM	7:00 - 8:00 PM	7:00 - 8:00 PM	7:00 - 8:00 PM			
Topaz	Tiger's Eye**	Krystallos	Diamond			

## TOPAZ

Fundamental hot yoga series. Improve balance, strengthen, and increase flexibility. Recommended for beginners.

## KRYSTALLOS

Core strengthening series. Hot Pilates.

## BLOODSTONE

A challenging flow/vinyasa class, great strengthening and endurance workout. Practiced to music.

## DIAMOND

Topaz series with limited instruction, practiced to music in a (LED) candlelit room.

## BLACK OPAL

A challenging & upbeat flow/vinyasa class, practiced to fun music with advanced poses.

## ADVANCED MYSTERY STONE

An advanced version of our yoga classes (Topaz, Krystallos, Diamond, Bloodstone, or Black Opal—non circuit classes). Changes weekly. It will not be revealed until the class begins. This class is opened only to experienced members with 60 or more classes at Arrichion.

## TIGER'S EYE

Get the best of both worlds. 30 minutes of circuit training and 30 minutes of hot yoga flow sequence.

## WARRIOR

45 minute of circuit training regimen. Challenging workout.

## SPARTA

Olympic lifts, body weight exercises, plyometrics, and endurance challenges. Pre-registration is required.

Subject to change

Last updated: 4/4/2012

\*\* Running shoes are recommended for the circuit portion of the class.

\* Advanced Mystery Stone is an advanced class opened only for members who have taken 60 or more classes at Arrichion.

† Pre-register for Sparta at the studio. Must attend introductory training (offered once a week Sunday noon) prior to taking the class.

**Arrichion Hot Yoga • [www.arrichion.com](http://www.arrichion.com)**

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