

SATURDAY

**1**  
**10:30AM-11:30AM**  
 POWER VINYASA  
 Austin Hollingshead  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA - HIP HOP  
 Katie Baki

**dlo**  
**DECEMBER YOGA SCHEDULE**  
**189 THE GROVE DR, LOS ANGELES, CA**  
**@ALOLOSANGELES**

SUNDAY

**2**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Marie Grujicic  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA  
 Marie Grujicic

**9**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Marie Grujicic  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA  
 Marie Grujicic

MONDAY

**3**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Katie Baki  
**5:30PM-6:45PM**  
 ALL LEVELS  
 VINYASA  
 Harper Botorowicz  
**7:00PM-8:00PM**  
 MEDITATION - YIN  
 Harper Botorowicz

**10**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Katie Baki  
**5:30PM-6:45PM**  
 ALL LEVELS  
 VINYASA  
 Harper Botorowicz  
**7:00PM-8:00PM**  
 MEDITATION - YIN  
 Harper Botorowicz

TUESDAY

**4**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Shayla Quinn  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA  
 JJ Cook

**11**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Shayla Quinn  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA  
 Hiro Landazuri

WEDNESDAY

**5**  
**10:30AM-11:30AM**  
 GENTLE VINYASA  
 Natasha Marie  
**12:00PM-1:00PM**  
 POWER VINYASA  
 Natasha Marie  
**4:15PM-5:00PM**  
 KIDS YOGA  
 Natasha Marie  
**7:00PM-8:00PM**  
 YOGA NIDRA &  
 SOUND HEALING  
 Thalia Ayres

**12**  
**10:30AM-11:30AM**  
 GENTLE VINYASA  
 Natasha Marie  
**12:00PM-1:00PM**  
 POWER VINYASA  
 Natasha Marie  
**4:15PM-5:00PM**  
 KIDS YOGA  
 Natasha Marie  
**7:00PM-8:00PM**  
 YOGA NIDRA &  
 SOUND HEALING  
 Thalia Ayres

THURSDAY

**6**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Shayla Quinn  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA  
 JJ Cook  
**4:00PM-5:00PM**  
 YIN - YOGA  
 Harper Botorowicz  
**6:00PM-7:00PM**  
 SCULPT - DANCE  
 CARDIO  
 Aubre Winters

**13**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Shayla Quinn  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA  
 Hiro Landazuri  
**4:00PM-5:00PM**  
 YIN - YOGA  
 Harper Botorowicz  
**6:30PM-7:30PM**  
 SCULPT - YOGA  
 Ashley Schubert

FRIDAY

**7**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Shayla Quinn  
**5:30PM-6:30PM**  
 ALL LEVELS  
 VINYASA  
 Marie Grujicic

**14**  
**10:30AM-11:30AM**  
 ALL LEVELS  
 VINYASA  
 Shayla Quinn  
**5:30PM-6:30PM**  
 ALL LEVELS  
 VINYASA  
 Marie Grujicic

**8**  
**10:30AM-11:30AM**  
 POWER VINYASA  
 Austin Hollingshead  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA - HIP HOP  
 Katie Baki

**15**  
**10:30AM-11:30AM**  
 POWER VINYASA  
 Austin Hollingshead  
**12:00PM-1:00PM**  
 ALL LEVELS  
 VINYASA - HIP HOP  
 Katie Baki



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|--|---|--|--|---|
| <b>16</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Marie Grujicic<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA<br>Marie Grujicic    | <b>17</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Stevie Finedore<br><br><b>5:30PM-6:45PM</b><br>ALL LEVELS<br>VINYASA<br>Harper Botorowicz<br><br><b>7:00PM-8:00PM</b><br>MEDITATION - YIN<br>Harper Botorowicz  | <b>18</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Shayla Quinn<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA<br>Hiro Landazuri | <b>19</b><br><b>10:30AM-11:30AM</b><br>GENTLE VINYASA<br>Natasha Marie<br><br><b>12:00PM-1:00PM</b><br>POWER VINYASA<br>Natasha Marie<br><br><b>4:15PM-5:00PM</b><br>KIDS YOGA<br>Natasha Marie<br><br><b>7:00PM-8:00PM</b><br>YOGA NIDRA &<br>SOUND HEALING<br>Thalia Ayres        | <b>20</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Shayla Quinn<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA<br>Hiro Landazuri<br><br><b>4:00PM-5:00PM</b><br>YOGA - YIN<br>Harper Botorowicz<br><br><b>6:30PM-7:30PM</b><br>SCULPT - YOGA<br>Ashley Schuber           | <b>21</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Shayla Quinn<br><br><b>5:30PM-6:30PM</b><br>ALL LEVELS<br>VINYASA<br>Harper Botorowicz | <b>22</b><br><b>10:30AM-11:30AM</b><br>POWER VINYASA<br>Katie Baki<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA - HIP HOP<br>Katie Baki          |
| <b>23</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Hiro Landazuri<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA<br>Harper Botorowicz | <b>24</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA - HOLIDAY<br>PRESENCE PT.1<br>Shayla Quinn<br><br><b>1:30PM-2:45PM</b><br>ALL LEVELS<br>VINYASA - HOLIDAY<br>PRESENCE PT.2<br>Harper Botorowicz<br><br><b>3:00PM-4:00PM</b><br>MEDITATION - YIN -<br>HOLIDAY PRESENCE<br>PT.3<br>Harper Botorowicz | <b>25</b><br><b>CHRISTMAS DAY</b><br>NO CLASSES  | <b>26</b><br><b>10:30AM-11:30AM</b><br>GENTLE VINYASA<br>Shayla Quinn<br><br><b>12:00PM-1:00PM</b><br>POWER VINYASA<br>Shayla Quinn<br><br><b>4:15PM-5:00PM</b><br>KIDS YOGA<br>Harper Botorowicz<br><br><b>7:00PM-8:00PM</b><br>YOGA NIDRA &<br>SOUND HEALING<br>Harper Botorowicz | <b>27</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Shayla Quinn<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA<br>Hiro Landazuri<br><br><b>4:00PM-5:00PM</b><br>YIN - YOGA<br>Harper Botorowicz<br><br><b>6:00PM-7:00PM</b><br>SCULPT - DANCE<br>CARDIO<br>Aubre Winters | <b>28</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Shayla Quinn<br><br><b>5:30PM-6:30PM</b><br>ALL LEVELS<br>VINYASA<br>Harper Botorowicz | <b>29</b><br><b>10:30AM-11:30AM</b><br>POWER VINYASA<br>Austin Hollingshead<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA - HIP HOP<br>Katie Baki |
| <b>30</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Katie Baki<br><br><b>12:00PM-1:00PM</b><br>ALL LEVELS<br>VINYASA<br>Harper Botorowicz     | <b>31</b><br><b>10:30AM-11:30AM</b><br>ALL LEVELS<br>VINYASA<br>Katie Baki<br><br><b>1:30PM-2:30PM</b><br>ALL LEVELS<br>VINYASA<br>Hiro Landazuri<br><br><b>5:30PM-6:45PM</b><br>ALL LEVELS<br>VINYASA<br>Harper Botorowicz<br><br><b>7:00PM-8:00PM</b><br>MEDITATION - YIN<br>Harper Botorowicz                | *Special class/workshop  |   |  |  |   |

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## DECEMBER YOGA SCHEDULE

189 THE GROVE DR, LOS ANGELES, CA

@ALOSANGELES

FIND US ONLINE ON MINDBODY AT ALO YOGA