

Class Schedule

Monday through Friday :

- 5:30 AM
- 7:00 AM
- 8:30 AM
- 10:00 AM
- 11:30 AM
- 1:00 PM
- 3:30 PM
- 4:30 PM
- 5:30 PM
- 6:30 PM
- 7:30 PM
- 9:00 PM
- 10:30 PM

Saturday and Sunday :

- 7:30 AM
- 9:30 AM
- 11:30 AM
- 1:30 PM
- 3:30 PM
- 5:30 PM
- 7:30 PM
- 9:30 PM

Major holidays are as follows: New Year's Eve, New Year's Day, Superbowl Sunday, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, Christmas Day. The studio will also be closed on July 9th in honor of Bishnu Gosh's birthday--guru of Bikram Choudhury.