



Mercury's Yoga Schedule

Yoga Loka

www.yogaloka.net

48th & Folsom Blvd., Sacramento, CA 916.454.4110

Monday 9 a.m. - 10:30 & 8:30 p.m. -10:00 p.m. – Bikram Yoga/Hot Yoga

Wednesday 12 p.m. - 1: 30 p.m.

Thursday 8:30 p.m. - 10 p.m.

Friday 9 a.m. Alternating weeks – Bikram Yoga/Hot Yoga

Sunday 12:00 p.m. - 1:30 p.m.

Sacramento Pipeworks Climbing

www.touchstoneclimbing.com

116 N 16th Street, Sacramento, CA 95811 916.34.0100

Tuesday & Saturday 12:00 p.m. – 1:15 p.m. – Bikram Yoga/Hot Yoga

Thursday at 5:30 p.m. 7:15 p.m.