

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM – 10:30 AM Hot Hatha	9:00 AM – 10:15 AM Flow	6:30 AM – 7:30 AM Power Flow	9:00 AM – 10:15 AM Flow	6:30 AM – 7:30 AM Power Flow	9:00 AM – 10:15 AM Flow	8:30 AM – 9:45 AM Flow
11:00 AM – 12:15 PM Hot Flow	12:00 PM – 1:00 PM Express Flow	9:00 AM – 10:15 AM Flow	12:00 PM – 1:00 PM Express Flow	9:00 AM – 10:15 AM Flow	12:00 PM – 1:00 PM Express Flow	10:30 AM – 11:45 AM Gentle Hatha
	6:00 PM – 7:15 PM Wheel Flow	12:00 PM – 1:00 PM Basics	5:30 PM – 7:00 PM Hot Hatha	12:00 PM – 1:00 PM Basics	6:00 PM – 7:15 PM Flow	
	7:30 PM – 8:45 PM Flow	5:30 PM – 6:45 PM Flow	7:30 PM – 8:45 PM Warm Slow & Flow	5:30 PM – 6:45 PM Rocket Flow	7:30 PM – 8:45 PM Flow & Relax	
		7:00 PM – 8:15 PM Slow & Flow		7:00 PM – 8:15 PM Slow & Flow		APRIL 20TH 4:00 PM – 5:00 PM Guided Meditation*

Please check website for the latest and most up-to-date class schedule at www.sukhalifeyoga.com.

WHO WE ARE

The translation of Sukha is happiness, pleasure, ease, or bliss, in Sanskrit. That is what you will experience at SukhaLife Yoga Studio, from the cozy lounge with a kombucha bar to the spacious practice space. We also know that it's possible to have fun, laugh and feel inspired through the practice of yoga. We promote skillful alignment, creative sequencing and mindful breathing. Our teachers are professional yoga instructors who are enthusiastic about sharing yoga's power to connect, transform and elevate your life during each class.

*Not included with any membership or class pass.

PRICING**

Drop-in.....	\$15
1 Month Unlimited.....	\$70
Monthly Recurring.....	\$60
3 Month Unlimited.....	\$195
10 Class Pass.....	\$120
Year Unlimited.....	\$600

NEW MEMBER SPECIAL

\$25

FOR 3 CLASSES