



Strength, comfort & yoga for all.

## Class Schedule June 2019

S	M	T	W	T	F	S
9–10:30am Hot Hatha	9–10:15am Flow	6:30–7:30am Flow	9–10:15am Flow	6:30–7:30am Flow	9–10:15am Flow	8:30–9:45am Flow
11–12:15pm Hot Flow	12–1:00pm Express Flow	9–10:15am Flow	12–1pm Express Flow	9–10:15am Flow	12–1pm Express Flow	10:30–11:45am Mobility Yoga
June 23rd* 2-4pm & 5-7pm Philosophy	6–7:15pm Power Flow	12–1pm Basics	5:30–6:45pm Hot Hatha	12–1pm Basics	6–7:15pm Flow	June 22nd* 2-4pm Philosophy with Greg Nardi
June 30th* 2-3pm Guided Meditation	7:30–8:45pm Flow	5:30–6:45pm Flow	7:30–8:45pm Warm Slow & Flow	5:30–6:45pm Rocket Flow	7:30–8:45pm Flow & Relax	June 22nd* 5-7pm Philosophy with Greg Nardi
4-6pm Yin & Myfascial Release		7–8:15pm Slow & Flow		7–8:15pm Slow & Flow		

### Sukha Summer

\$99 for 2 Months Unlimited

### New Yogi Special

\$25 for 3 Classes

**\$15**

Drop-in

**\$70**

1 Month Unlimited

**\$60**

Monthly Recurring

**\$120**

10 Classes

**\$195**

3 Months Unlimited

**\$600**

1 Year Unlimited