



Strength, comfort & yoga for all.

Class Schedule August 2019

S	M	T	\$5 Wednesday	T	F	S
9–10:30am Hot Hatha	9–10:15am Flow	9–10:15am 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	12–1pm Basics	12–1pm Express Flow	9–10:15am Flow	12–1pm Express Flow	10:30–11:45am Mobility Yoga
August 25th* 1-2pm Guided Meditation with Katherine Rob August 25th* 4-6pm Yin & Myofascial Release with Scott Temples	6–7:15pm Power Flow 7:30–8:30pm Basics	5:30–6:45pm Flow 7–8:15pm Slow & Flow	5:30–7:00pm Hot Hatha 7:30–8:45pm Warm Slow & Flow \$5 Drop-ins all day!	12–1pm Basics 5:30–6:45pm Rocket Flow 7–8:15pm Slow & Flow	6–7:15pm Flow 7:30–8:45pm Flow & Relax	August 24th* 2-4pm Basics of Flow with Amanda Riker August 24th* 5:00-7:00pm Drag Yoga <i>Labor of Love</i> with Bak Lava

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