



Strength, comfort & yoga for all.

Class Schedule October 2019

S	M	T	\$5 Wednesday (Through October)	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
October 20th* 1-2pm Guided Meditation with Katherine Rob	6–7:15pm Power Flow	5:30–6:45pm Flow	5:30–7:00pm Hot Hatha	12–1pm Basics	5:30–6:45pm Flow	October 5th* 6-8pm Women Empowered with Alexis Holland
October 20th* 4-6pm Yin & Myofascial Release with Scott Temples	7:30–8:30pm Basics	7–8:15pm Slow & Flow	7:30–8:45pm Warm Slow & Flow	5:30–6:45pm Rocket Flow	7–8:15pm Flow & Relax	October 19th* 6:00-8:00pm Drag Yoga Murder Mystery with Bak Lava
			\$5 Drop-ins all day!	7–8:15pm Slow & Flow		

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