SUKHALIFE

Strength, comfort & yoga for all.

Class Schedule September 2019

S	M	T	$5 Wednesday	T	F	S
9–10:30am Hot Hatha **11–12:15pm** Hot Flow	**9–10:15am** Flow **12–1:00pm** Express Flow **6–7:15pm** Power Flow **7:30–8:30pm** Basics	**9–10:15am** Flow **12–1pm** Basics **5:30–6:45pm** Flow **7–8:15pm** Slow & Flow	**9–10:15am** Flow **12–1pm** Express Flow **5:30–7:00pm** Hot Hatha **7:30–8:45pm** Warm Slow & Flow $5 Drop-ins all day!	**6:30–7:30am** Flow **9–10:15am** Flow **12–1pm** Basics **5:30–6:45pm** Rocket Flow **7–8:15pm** Slow & Flow	**9–10:15am** Flow **12–1pm** Express Flow **6–7:15pm** Flow **7:30–8:45pm** Flow & Relax	**8:30–9:45am** Flow **10:30–11:45am** Mobility Yoga
September 22nd* **4-6pm** Yin & Nidra with Scott Temples						**September 21st*** **1-3:30pm** Yoga for Scoliosis with Stacy Renz

New Yogi Special

$25 for 3 Classes

$15	Drop-in	**$120**	10 Classes
$70	1 Month Unlimited	**$195**	3 Months Unlimited
$60	Monthly Recurring	**$600**	1 Year Unlimited

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