



Strength, comfort & yoga for all.

Class Schedule November 2019

S	M	T	W	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	10:30–12pm Mobility Yoga
November 24th* 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	November 2nd 12-3pm 2 Year Anniiversry Celebration
November 24th* 4-6pm Yin & Yoga Nidra 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	
				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