SUKHALIFE

Strength, comfort & yoga for all.

Class Schedule February 2020

S	M	T	W	T	F	S
9–10:30am Hot Hatha **11–12:15pm** Hot Flow	**9–10:15am** Flow **12–1:00pm** Express Flow **NEW!** **4:30–5:30pm** Guided Meditation **6–7:15pm** Power Flow **7:30–8:30pm** Basics	**6:30–7:30am** Flow **9–10:15am** Flow **12–1pm** Basics **5:30–6:45pm** Flow **7–8:15pm** Slow & Flow	**9:15–10:30am** Flow **12–1pm** Express Flow **5:30–7:00pm** Hot Hatha **7:30–8:45pm** Warm Slow & Flow	**6:30–7:30am** Flow **9–10:15am** Flow **12–1pm** Basics **5:30–6:45pm** Hatha **7–8:15pm** Slow & Flow	**9–10:15am** Flow **12–1pm** Express Flow **5:30–6:45pm** Flow **7–8:15pm** Flow & Relax	**8:30–9:45am** Flow **10:30–12pm** Mobility Yoga
February 9th* **4:30-6:30pm** Kirtan and Sound Healing Meditation w/Stacy Frank						**February 15th*** **4-6pm** Valentine's Thai Partner Massage w/Rissa **February 29th*** **2-3:30pm** Intro to the Wheel Prop w/Zach and Alix

#LOCALTOPIA Come see us at Localtopia, Saturday February 22nd from 10am-5pm

New Yogi Special

$25 for 3 Classes

$16	Drop-in	**$120**	10 Classes
$75	1 Month Unlimited	**$210**	3 Months Unlimited
$65	Monthly Recurring	**$650**	1 Year Unlimited

2612 central avenue | 727-686-1912 | *sukhalifeyoga.com