



Strength, comfort & yoga for all.

Class Schedule March 2020

S	M	T	W	T	F	S
9–10:30am Hot Hatha	9–10:15am Flow	6:30–7:30am Flow	9:15–10:30am 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	9–10:15am Flow	12–1pm Express Flow	9–10:15am Flow	12–1pm Express Flow	10:30–12pm Mobility Yoga
<b>March 15th*</b> <b>4-6pm</b> Roll, Release, and Let Go - Session 1 w/Scott Temples	4:30–5:30pm Guided Meditation	12–1pm Basics	5:30–7:00pm Hot Hatha	12–1pm Basics	5:30–6:45pm Flow	<b>March 7th &amp; 14th*</b> <b>2-4pm</b> Inversions & Arm Balances Workshop w/Andre Sur  <b>March 28th*</b> <b>2-4pm</b> Foundations of Flow w/Amanda Riker
	6–7:15pm Power Flow	5:30–6:45pm Flow	7:30–8:45pm Warm Slow & Flow	5:30–6:45pm Hatha	7–8:15pm Flow & Relax	
	7:30–8:30pm Basics	7–8:15pm Slow & Flow	7–8:15pm Slow & Flow			

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