



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule May 2020

S	M	T	W	T	F	S
<b>10–11am</b> Hot Hatha IN-STUDIO & VIRTUAL	<b>9–10am</b> Slow & Flow VIRTUAL  <b>12–1pm</b> Mobility Flow VIRTUAL  <b>4:30–5:30pm</b> Guided Meditation VIRTUAL  <b>6–7pm</b> Power Flow IN-STUDIO & VIRTUAL	<b>10–11am</b> Flow IN-STUDIO & VIRTUAL   <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL	<b>9:15–10:15am</b> Flow IN-STUDIO & VIRTUAL  <b>12–1pm</b> Express Flow VIRTUAL  <b>5:30–6:30pm</b> Hot Hatha IN-STUDIO & VIRTUAL  <b>7–8pm</b> Slow & Flow VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Mobility Flow VIRTUAL  <b>12–1pm</b> Express Flow VIRTUAL  <b>5:30–6:30pm</b> Flow VIRTUAL  <b>7–8pm</b> Flow & Relax VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>10:30–11:30am</b> Mobility Yoga VIRTUAL

**New Yogi Special**  
 \$25 for 3 Classes

Online registration only.  
 Please check website for in-studio & virtual pricing.  
 For everyones safety, class sizes are limited to 10 people.  
 Please bring your own mat.  
 We have mats & props for sale at a discounted price if needed.