



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule July 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 IN-STUDIO & 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 IN-STUDIO & 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>7–8pm</b> Flow & Relax IN-STUDIO & 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.

Masks are required for entering and moving about the studio.

For everyone's 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.