



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule October 2021

S	M	T	W	T	F	S
<b>9–10am</b> Slow Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>9–10am</b> Slow Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>9–10am</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>9:00–10am</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>9–10am</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>9–10am</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>9–10am</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>
<b>10:30–11:30am</b> Power/Yin <small>IN-STUDIO &amp; VIRTUAL</small>		<b>12–1pm</b> Hatha Flow <small>IN-STUDIO &amp; VIRTUAL</small>			<b>12–1pm</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>10:30–11:30am</b> Power/Yin <small>IN-STUDIO &amp; VIRTUAL</small>
October 10th <b>6:00–8:00pm</b> <b>DEEP STRETCH &amp; DEEP REST</b> with Amanda Riker <small>IN-STUDIO &amp; VIRTUAL</small>	<b>6–7pm</b> Power Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>5:30–6:30pm</b> Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>5:30–6:30pm</b> Hot Hatha <small>IN-STUDIO &amp; VIRTUAL</small>		<b>5–6pm</b> Flow/Relax <small>IN-STUDIO &amp; VIRTUAL</small>	October 23rd <b>2:00–4:00pm</b> <b>GOOD STRETCH-            LOW LEGS,            KNEES,            FEET &amp; ANKLES</b> with Rissa Wray <small>IN-STUDIO</small>
October 24th <b>3:00–5:00pm</b> <b>DRAG YOGA            ESCAPE ROOM</b> with Bak Lava <small>IN-STUDIO</small>	<b>7:30–8:30pm</b> Yin/Stretching <small>IN-STUDIO &amp; VIRTUAL</small>	<b>7–8pm</b> Slow Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>7–8pm</b> Warm Slow Flow <small>IN-STUDIO &amp; VIRTUAL</small>	<b>6–7pm</b> Slow Flow <small>IN-STUDIO &amp; VIRTUAL</small>		

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Online registration only.

For everyone's safety, class sizes are limited.

Please bring your own mat.

We have mats & props for sale at a discounted price if needed.