



Mon 6p Yoga Basics  
Mon 7:15p Yoga Sculpt  
Tues 9:30a - Stretch & Restore  
Tues 7p - Yoga Strength  
Wed 9:30a - Yoga Sculpt  
Wed 6p - Yoga Flow  
Thurs 6p - Stretch & Restore  
Fri 9:30a - Yoga Basics  
Sat 10a - Yoga Flow  
Sun 10a - Yoga Sculpt  
Sun 8p - Restorative Yoga

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