



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

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