



Mon 9:30a - Yoga Strength
Tues 9:30a - Stretch & Restore
Tues 7p - Yoga Strength
Wed 9:30a - Yoga Sculpt
Wed 6p - Yoga Flow
Thurs 9:30a - 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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