



# Downward Dog YOGA

| Sunday                  | Monday                      | Tuesday                    | Wednesday                     | Thursday                    | Friday                                 | Saturday                     |
|-------------------------|-----------------------------|----------------------------|-------------------------------|-----------------------------|--|------------------------------|
|                         |                             | 6am<br>DownDog<br>FlowZoom |                               | 6am<br>DownDog<br>FlowZoom  |  |                              |
|                         | 9am<br>Downward<br>Dog Flow | 9am<br>Vinyasa<br>Flow     | 9am<br>Downward<br>Dog Flow   | 9am<br>Gentle<br>Yoga       | 9am<br>Vinyasa<br>Flow                 | 9am<br>Yoga<br>Sculpt        |
| 10am<br>Vinyasa<br>Flow | 10:30am<br>Gentle<br>Yoga   |                            | 10:30am<br>Gentle<br>Yoga     |                             | 10:30am<br>Gentle<br>Yoga              | 10am<br>Downward<br>Dog Flow |
|                         |                             | 12pm<br>Barre<br>Fusion    |                               | 12pm<br>Barre<br>Fusion     |  |                              |
| 4pm<br>Vinyasa<br>Flow  |                             |                            |                               |                             |  |                              |
|                         | 5pm<br>Yoga<br>Sculpt       |                            | 5:30pm<br>Core<br>Sculpt      |                             | 5:30pm<br>Specialty<br>workshop<br>TBA |                              |
|                         | 6pm<br>Vinyasa<br>Flow      | 6pm<br>Vinyasa<br>Flow     |                               | 6pm<br>Downward<br>Dog Flow |  |                              |
|                         |                             |                            | 6:30pm<br>Beginner/<br>Gentle |                             |  |                              |

downwarddog-yoga.com

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