

April
CLASS SCHEDULE

Beauty Within Yoga Studio

Monday

8:45am Yoga Strength Circuits
10am Gentle Yoga
5:30pm Gentle Yoga

Tuesday

8:45am Heated Slow Flow
10am Gentle Yoga
5:30pm Power Yogalates

Wednesday

8:45am Yoga Strength Circuits
10am Gentle Yoga
5:30pm Heated Yoga Flow

Thursday

10am Power Yogalates
11:15am Chair Yogalates
5:30pm Yoga for Every-Body

Friday

8:45am Yoga Strength Circuits
10am Gentle Yoga

Saturday

10am Yoga for Every-Body

Sunday

3:00 pm Gentle Yoga for
Relaxation

Beauty Within Yoga Studio
225 E. Graham St..
Prestonsburg , Ky

Check the schedule on our
website for any changes!!

606-471-3199

beautywithinyoga.com