



JOIN US ON ZOOM

# WEEKLY SCHEDULE

**Mondays:** 5:15 p.m. Gentle Flow (Jen)

**Tuesdays:** 12:30 p.m. FOG Yoga (Jamie)

5:15 p.m. Yoga for a Healthy Back  
(Sherrie)

**Wednesdays:** 6:00 p.m. Hatha Flow (Simona)

**Thursdays:** 6:00 p.m. Gentle Yoga (Jamie)

**Fridays:** 4:00 p.m. Community Class (Jen)

6:30 p.m. Restorative Yoga (Cindy)

**Saturdays:** 10:45 a.m. Gentle Yoga (Sherrie)

**Sundays:** 10:00 a.m. Any Body Yoga (Cindy)



Yoga  
Salinas