

Weekly Class Schedule

SEPTEMBER 16 - SEPTEMBER 22

SIGN UP
MESSAGE ME
TO SIGN UP
&
FOR HOME STUDIO
LOCATION

MONDAY
NO CLASSES

TUESDAY
6:30 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - RESTORATIVE
4:30 PM - GENTLE HATHA
7 PM - HATHA

WEDNESDAY
NO CLASSES

THURSDAY
6:30 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - RESTORATIVE
4:30 PM - GENTLE HATHA
7 PM - HATHA

FRIDAY
8 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - YIN
7 PM - HATHA

SATURDAY
11:30 AM - HATHA
1 PM - VINYASA

SUNDAY
6 PM - HATHA

Weekly Class Schedule

SEPTEMBER 23 - SEPTEMBER 29

SIGN UP
MESSAGE ME
TO SIGN UP
&
FOR HOME STUDIO
LOCATION

MONDAY
8 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - YIN
4:30 PM - GENTLE HATHA

TUESDAY
6:30 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - RESTORATIVE
4:30 PM - GENTLE HATHA
7 PM - HATHA

WEDNESDAY
NO CLASSES

THURSDAY
6:30 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - RESTORATIVE
4:30 PM - GENTLE HATHA
7 PM - HATHA

7 PM - HATHA
FRIDAY
8 AM - VINYASA
10 AM - GENTLE HATHA
1 PM - YIN

SATURDAY
7:45 AM - VINYASA
6 PM - HATHA

SUNDAY
8 AM - VINYASA