



YOGA UTOPIA WELLNESS STUDIO

JULY CLASS SCHEDULE

33 EAST AVE. NEW CANAAN, CT

SUNDAY

Reserved for Monthly Workshops:

Moon Circles,
Sound Baths,
2pm- 6pm

MONDAY

CLOSED

TUESDAY

- Privates Classes
10am-2pm
- "Mom & Me" Yoga
(Upon Request of 2+)

WEDNESDAY

- Gentle Yoga 10am
- Open Flow 11am

THURSDAY

- Private Classes
10am-12pm
- Chair Dance Yoga
12:30 pm
- Gentle Yoga 6pm

FRIDAY

- Gentle Yoga 10am
- PIYO Flow 11am
(Pilates & Yoga fusion)

SATURDAY

- Open Flow 11am
(Upon Request of 2+)

*Now
Open!*

Register/ Sign Up:
lenabiz@icloud.com
or 917-363-7744
(classes \$32 ea.)

WWW.YOGA-UTOPIA.COM

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