



YOGA UTOPIA WELLNESS STUDIO

OCTOBER CLASS SCHEDULE

33 EAST AVE. NEW CANAAN, CT



SUNDAY

Reserved for Special Workshops:

Energy Healing Circles,
Sound Baths,
Tarot Card Reading etc.

2 PM -5 PM



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

MONDAY

CLOSED

TUESDAY

- Privates Classes
10 AM -2 PM
- Corporate Yoga 4 PM

WEDNESDAY

- Gentle Yoga 10 AM
- Open Flow 11 AM

THURSDAY

- Private Class 10 AM- 12 PM
- Chair Dance 12:30 PM
- Yin Restorative 6PM
(pre-registration required)

FRIDAY

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

SATURDAY

- Open Flow 10 AM
(pre-registration required)

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