



Frisco Yoga & Nutrition Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		FatBurn		FatBurn			
8:15am	FatBurn		Power Flow		FatBurn	FatBurn	
9:30am		Alignment	Barre Fusion	Flow Yoga	Yin Yoga	Power Yoga	Flow Yoga
10:00am	Prenatal						
12:00pm	Flow Yoga	FatBurn	Pilates Fusion	FatBurn	Fun Flow		
4:00pm							Alignment
5:15pm	FatBurn	Alignment	FatBurn	Slow Flow	Slow Flow		
6:30pm	Slow Flow	Flow Yoga	Alignment	FatBurn			
7:45pm	Gentle Yoga		Gentle Yoga				

Frisco Yoga & Nutrition | 4040 Legacy Drive, #106, Frisco, TX 75034 | friscoyoganutrition.com | 214-618-1546



Frisco Yoga & Nutrition Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		FatBurn		FatBurn			
8:15am	FatBurn		Power Flow		FatBurn	FatBurn	
9:30am		Alignment	Barre Fusion	Flow Yoga	Yin Yoga	Power Yoga	Flow Yoga
10:00am	Prenatal						
12:00pm	Flow Yoga	FatBurn	Pilates Fusion	FatBurn	Fun Flow		
4:00pm							Alignment
5:15pm	FatBurn	Alignment	FatBurn	Slow Flow	Slow Flow		
6:30pm	Slow Flow	Flow Yoga	Alignment	FatBurn			
7:45pm	Gentle Yoga		Gentle Yoga				

Frisco Yoga & Nutrition | 4040 Legacy Drive, #106, Frisco, TX 75034 | friscoyoganutrition.com | 214-618-1546