ANANDA
Yoga & Events Center

GENERAL
WEEKLY
SCHEDULE

WEEKLY SCHEDULE

MON	7:30 PM	SOFTEN & STRETCH
TUES	12:15 PM 7:30 PM	UNWIND & ALIGN SOFTEN & STRETCH
WED	12:15 PM 6:30 PM	UNWIND & ALIGN FLOW & RELEASE
THUR	12:15 PM 5:30 PM	UNWIND & ALIGN ANANDA FLOW
FRI	NO YOGA CLASSES	OPEN FOR PRIVATE EVENTS
SAT	9 AM 11 AM	FLOW & RELEASE YOGA TOGETHER

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