



ESCAPE FITNESS OF FAIR LAWN

YOGA

WEEKLY CLASS SCHEDULE

Monday	12:15 PM	Vinyasa flow (all levels)	60 min
Tuesday	9:30 AM	Restorative yoga	60 min
Wednesday	6:30 PM	Vinyasa flow (beginner)	60 min
	7:45 AM	Vinyasa flow (advanced)	60 min
Thursday	9:30 AM	Beginner yoga	60 min
Friday	9:30 AM	Hatha yoga	60 min
Saturday	6:30 AM	Vinyasa flow (intermediate)	75 min
	9:30 AM	Iyengar-inspired yoga	60 min
Sunday	8:00 AM	Iyengar-inspired yoga	75 min
	9:30 AM	Vinyasa flow (intermediate)	60 min
	6:00 PM	Advanced yoga	75 min