

**Journey To Be
2021 Studio Schedule
April 1 - May 21**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00am	Gentle Yoga			Gentle Yoga	
10:30 - 11:30am		Yoga		Yin Nidra (10:30 - 12:00)	
4:30 - 5:30pm		Yoga			Strength & Stretch
6:00 - 7:00pm	Strength & Stretch	Gentle Yoga	Strength & Stretch	Yin Nidra (6:00 - 7:30)	
7:30 - 8:30pm	Yoga		Yoga		