



YOGA

FALL/WINTER SCHEDULE

Starting September 21, 2025

Monday

1030-1130 AM

Moms & Tinsy

Tuesday

7-8 AM

Sunrise Flow

6-7 PM

Flow & Sweat

Wednesday

1030-1130AM

Hips & Back

6-7 PM

Feel Good Flow

730-830 PM

Warming Yin

Thursday

7-8 AM

Sunrise Flow

1030-1130 PM

Gentle Flow

6-7PM

Flow & Sweat

Saturday

10-11AM

(every 2nd Saturday) Restorative Yoga

230-330PM

Breathe & Feel

**Sign up &
Register**

www.calmunityyoga.com