

# Schedule for 2021

Class size limited to 11 people. Prior sign-in required. Please arrive on time and bring your own mat and props. Thank you for your cooperation.

## Monday:

8:00am All Levels Flow w/Brenna

5:30pm All Levels Flow w/Britni

## Tuesday:

8:00am Basic Flow w/Jo

8:45am SmartFLOW Advanced w/Britni

10:05 Meditation w/Britni

4:00pm Yin Yoga w/Geri

5:30pm Basic Flow w/Morgan

## Wednesday:

8:00am All Levels Flow w/Brenna

5:30pm All Levels Flow w/Brenna

## Thursday:

8:00am Basic Flow w/Jo

8:45am SmartFLOW Advanced Flow w/Britni

4pm Yin Yoga w/Britni

## Friday:

8:15am All Levels Express w/Morgan

9:15am Yin Yoga w/Geri \*NEW class offering!

## Saturday:

9:00am SmartFLOW All Levels w/Britni

10:05 Meditation w/Britni

## Sunday:

9am Basic Flow w/Jean

\*Online classes will still be available via Facebook Downtown Yoga Community Page

