

June

CLASS SCHEDULE

Beauty Within Yoga Studio

Monday

8:45am Yoga Strength Circuits
10am Gentle Yoga
5:30pm Gentle Yoga

Tuesday

10am Gentle Yoga
5:30pm Power Yogalates

Wednesday

8:45am Yoga Strength Circuits
10am Gentle Yoga
5:30pm Heated Yoga Flow

Thursday

10am Power Yogalates
11:15am Chair Yoga
5:30pm Yoga for Every-Body

Friday

8:45am Yoga Strength Circuits
10am Gentle Yoga

Saturday

10am Yoga for Every-Body

Outdoor Class at Mountain
Homeplace, Staffordsville
June 8th (no studio class)

Check the schedule on our
website for any changes!!

Beauty Within Yoga Studio
225 E. Graham St..
Prestonsburg , Ky

606-471-3199

beautywithinyoga.com