

March

# CLASS SCHEDULE

Beauty Within Yoga Studio

## Monday

8:45am Yoga Strength Circuits  
10am Gentle Yoga  
4:45pm RUMBLE  
5:30pm Gentle Yoga

## Tuesday

8:45am Heated Slow Flow  
10am Gentle Yoga  
5:30pm Power Yogalates

## Wednesday

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

## Thursday

8:45am RUMBLE  
9:15am 30 Minute Yoga for Flexibility  
10am Power Yogalates  
11:15am Chair Yogalates  
5:30pm Yoga for Every-Body

## Friday

8:45am Yoga Strength Circuits  
10am Gentle Yoga

## Saturday

10am Yoga for Every-Body

## Sunday

3:00 pm Gentle Yoga for  
Relaxation

Check the schedule on our  
website for any changes!!

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

606-471-3199

[beautywithinyoga.com](http://beautywithinyoga.com)