

Yoga 2017 Fall Schedule



Mondays	9:00-10:15 am 10:30-11:30 am 4:30-5:30 pm 5:45-6:45 pm 7:00-8:00 pm	Vinyasa Yoga* Hatha Yoga Healthy Backs Slow Flow Hatha Yoga
Tuesdays	8:00-9:00 am 9:15-10:30 am 10:45-11:30 am 6:45-7:45 pm	Therapeutic Yoga* Ashtanga/Vinyasa* Hatha Express Healthy Backs
Wednesdays	8:00-9:00 am 9:15-10:15 am 10:30-11:30 am 6:00-7:00 pm 7:15-8:15 pm	Healthy Backs Slow Flow Hatha Yoga Yin* Slow Flow*
Thursdays	8:00-9:00 am 9:15-10:15 am 11:00-12:00 pm 6:15-7:15 pm	Therapeutic Yoga* Art of Vinyasa* Hatha Yoga Vinyasa*
Fridays	9:15-10:15 am 10:30-11:30 am 11:45-1:00 pm	Sculpt & Flow Hatha Yoga Gentle Yoga
Saturdays	8:00-9:00 am 9:15-10:30 am 11:00-12:00 pm	Healthy Backs Vinyasa* Hatha Yoga
Sundays	8:45-9:45 am 10:00-11:00 am 4:30-5:30 pm	Yin* Slow Flow* Yogalates*

Enjoy a Yoga Studio complete with Infrared heating, climate controlled environment, heated wood flooring, and sound proof construction.