

Weekly Yoga Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			8:30 – 9:30 HATHA YOGA		8:30 – 9:30 YOGA & BREATHING EXERCISE (Pay what you can)	9:00 – 10:00 YIN YOGA
PM	5:45 – 6:45 VINYASA FLOW			5:45 – 6:45 RESTORATIVE YOGA Latin Dancing Class 7:00 – 8:00	5:45 – 6:45 SUNSET HATHA FLOW	