

YOGA CLASSES



MONDAY

5:30pm - 6:30pm: *Power Core Yoga*

6:45pm - 7:45pm: *Beginner's Yoga*

WEDNESDAY

5:30pm - 6:30pm: *All-levels Vinyasa*

6:45pm - 7:45pm: *Yin Yoga*

SATURDAY

8:30am - 9:30am: *Beginner's Yoga*

9:45am - 10:45am: *Power & Restore*

11am - 12pm: *Yin Yoga*

647-341-2765

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