

September Schedule

Monday

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|--------------|---------------------------|
| 5:30-6:15 am | Yoga 4 Definition (m) |
| 9:30-10:30am | Balanced Flow (m) |
| 12:00-1:00pm | Mindful Movement (m) |
| 4:30-5:30 pm | Hot Fusion Yoga (m) |
| 5:30-6:30 pm | Yin/Deep Stretch Yoga (s) |
| 6:00-7:00 pm | Mindful Movement (m) |
| 7:15-8:15 pm | Restorative Yoga (s) |
| 7:30-8:30 pm | Flowing Strength (m) |

Tuesday

| | |
|---------------|-------------------------------|
| 5:30-6:15 am | Rise & Shine Yoga (m) |
| 9:30-10:30 am | Gentle Yoga (s) |
| 9:30-10:30 am | Barre Yogilates (m) |
| 12:00-1:00 pm | Inspirational Gentle Flow (m) |
| 4:30-5:30 pm | Recharge & Relax (m) |
| 5:30-6:30 pm | Yoga 4 Flexibility (s) |
| 5:45-6:45 pm | Barre Yogilates (m) |
| 7:00-8:00 pm | Hot Yoga (m) |
| 8:15-9:00 pm | Heated Deep Stretch (m) |

Wednesday

| | |
|---------------|----------------------|
| 5:30-6:15 am | Yoga Burn (m) |
| 9:30-10:30 am | Mindful Movement (m) |
| 12:00-1:00 pm | Balanced Flow (m) |
| 4:30-5:30 pm | Flowing Strength (m) |
| 6:00-7:00 pm | Core Restore (s) |
| 6:00-7:00 pm | Mindful Movement (m) |
| 7:15-8:15 pm | Relaxed Yin Flow (m) |

Thursday

| | |
|---------------|---------------------------|
| 5:30-6:30 am | Rise & Shine Yoga (m) |
| 9:30-10:30 am | Mindful Movement (m) |
| 12:00-1:00 pm | Yin Restorative (m) |
| 4:30-5:30 pm | Mindful Movement (s) |
| 5:45-6:45 pm | Yoga Burn (m) |
| 7:00-8:00pm | Hot Yoga (m) |
| 7:30-8:30 pm | Meditative Relax Flow (s) |
| 8:15-9:00pm | Heated Deep Stretch (m) |

Friday

| | |
|---------------|--------------------------------|
| 5:30-6:30am | Rise & Shine Yoga (m) |
| 9:30-10:30 am | Gentle Yoga (m) |
| 12:00-1:00 pm | Restorative Flow (m) |
| 4:30-5:30 pm | Hatha Yoga (s) |
| 6:00-7:00 pm | Candlelit Restorative Yoga (m) |

Saturday

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|----------------|------------------------------|
| 8:30-9:30 am | Gentle Rise & Shine (s) |
| 8:45-9:45 am | Hot Yoga (m) |
| 10:00-11:00 am | Aerial Yoga: Gentle Flow (s) |
| 10:15-11:15 am | Flowing Strength (m) |
| 11:30-12:30 pm | Yoga 4 a Healthy Back (m) |

Sunday

| | |
|----------------|-------------------------------|
| 8:15-9:15 am | Hot Yoga (m) |
| 9:45-10:45 am | Yoga Barre Fusion (m) |
| 10:00-11:00 pm | Aerial Yoga: Deep Stretch (s) |
| 12:00-1:00 pm | Mindful Movement (m) |
| 4:45-5:45 pm | Candlelight Flow (m) |

(s) = Sun Studio (m) = Moon Studio

For full schedule, class descriptions, and rates visit

DoYoga4you.com