Summer Class Schedule

Monday

5:30 - 6:15am	Yoga 4 Definition
9:30 - 10:30am	$5 Balanced Flow
12:00 - 1:00pm	Mindful Movement
4:30 - 5:30 pm	Hot Fusion Yoga
5:00 - 6:00 pm	Aerial Yoga*
6:00 - 7:00 pm	Mindful Movement
7:30 - 8:30 pm	Flowing Strength

Tuesday

8:30 - 9:30 am	Hot Yoga
9:30 - 10:30 am	Gentle Yoga
12:00 - 1:00 pm	Mindful Movement
4:15 - 5:15 pm	Gentle Yoga
4:30 - 5:30pm	Flowing Strength
5:45 - 6:45 pm	Yoga Barre Fusion
7:00 - 8:00 pm	Hot Yoga
8:15 - 9:00 pm	Heated Deep Stretch

Wednesday

9:30 -10:30 am	Flowing Strength
12:00 - 1:00 pm	Balanced Flow
4:30 - 5:30 pm	Flowing Strength
5:30 - 6:30 pm*	Beginner Aerial Silks
6:00 - 7:00 pm	Mindful Movement
7:15 - 8:15 pm	Relaxed Yin Flow

Thursday

5:30 - 6:30 am	Rise & Shine Yoga
8:30 - 9:30 am	Mindful Movement
9:30 - 10:30 am	Hot Yoga
12:00-1:00 pm	Yin Restorative
4:30 - 5:30 pm	Inspirational Flow
6:00 - 7:00 pm	Yoga 4 Definition
7:30 - 8:30 pm	Meditative Relaxed Flow

Friday

9:30 - 10:30 am	Yoga 4 Definition
12:00 - 1:00 pm	Restorative Flow
4:30 - 5:30 pm	Hot Yoga
4:30-5:30 pm	Pole Fitness
6:00-6:45 pm	Flowing Strength Express
7:15 - 8:30 pm	Relax & Renew

Saturday

7:15 - 8:15 am	Yoga Blast Fitness
8:30 - 9:30 am	Gentle Rise & Shine
8:45 - 9:45 am	Hot Yoga
10:15 - 11:15 am	Flowing Strength
10:15 - 11:15 am	Yoga 4 Kids (ages 4-8)
11:30 - 12:30 pm	Yoga 4 a Healthy Back
11:30 - 12:30 pm	Yoga 4 Definition

Sunday

9:00 - 10:00 am	Hot Fusion Yoga
11:00 - 12:00 pm	Aerial Yoga
10:30 - 11:30 am	Yoga 4 Definition
11:00 - 12:00 pm	Beginner Aerial Silks
12:00 - 1:00 pm	Mindful Movement
1:30 - 2:30 pm	Pole Fitness
4:45 - 5:45 pm	Candlelight Flow

Register online this summer for:

- **Yoga 4 Beginners Workshops**
- **Learning to Fly: Intro to Aerial Yoga**
- **Pole Fundamentals Work-shops**

**Starts July 6th*

For full schedule and updates, visit

DoYoga4you.com