

SUMMER YOGA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9 – 10 AM Root to Rise With Dinah	9-10 AM Yin to Yang With Nancy	9 – 10 AM Yoga for Climbers With Andie	9-10 AM Root to Rise With M'Lynn	9 – 10 AM Strong Foundation With M'Lynn	9:15- 10:15AM Yin to Yang With Nancy
12 - 1 PM Noon Flow Class With Kaolin				12pm-1Pm Broga for everyone w/Perry		
						1 – 2 PM Energizing Flow With Dinah
6-7 PM Yoga for Climbers with Andie	6 – 7 PM Evening Flow And Restore With Lori			6 – 7 PM Yoga for Climbers With Bill	5-6PM Gentle Flow w/ Jessica	

Ask a staff member for current pricing