



YOGA STUDIO SCHEDULE

First Class \$5 Drop In \$17 10-Pack \$150 1 Month Membership \$135

Family members will get 20% off any second membership.

The more you come, the more you save.

studio.yoga-art-music.com



9:00am
Power Flow/
Vinyasa
Jenna

12:00pm
Power Flow/
Vinyasa
Jenna

5:30pm
Slower Flow/
Deep Stretch
Jennifer

7:00pm
Power Flow/
Vinyasa
Naomi



6:00am
Power Flow/
Vinyasa
Mel

12:00pm
Slower Flow/
Deep Stretch
Judy

5:00pm
Power Flow/
Vinyasa
Mel

6:30pm
Power Flow/
Vinyasa
Jen

8:00pm
Power Flow/
Vinyasa
Jenna



5:30am
Power Flow/
Vinyasa
JP

9:00am
Slower Flow/
Deep Stretch
Mel

12:00pm
Power Flow/
Vinyasa
Jen

5:30pm
Power Flow/
Vinyasa
Mel

7:00pm
Power Flow/
Vinyasa
JP



6:00am
Power Flow/
Vinyasa
Jen

12:00pm
Slower Flow/
Deep Stretch
Jenna

5:00pm
Power Flow/
Vinyasa
Dani

6:30pm
Power Flow/
Vinyasa
Caroline

8:00pm
Power Flow/
Vinyasa
Bianca



5:30am
Power Flow/
Vinyasa
JP

9:00am
Power Flow/
Vinyasa
Mel

12:00pm
Power Flow/
Vinyasa
Barb

5:00pm
Slower Flow/
Deep Stretch
Caroline



9:00am
Power Flow/
Vinyasa
Mel

10:30am
Power Flow/
Vinyasa
JP

12:00pm
Bi-weekly
Beginners
Caroline

12:00pm-9:00pm
Space Rental
Events
Workshops

Visit our website
for pricing



10:30am
Power Flow/
Vinyasa
Liya

3:00pm
Slower Flow/
Deep Stretch
Sarah

