

# the Practice Yoga



Please arrive 15 minutes early to each class and bring a mat and water bottle with you.  
Mat rental: \$2.

## Monday

6:00 - 7:15 a.m.	Rise and Shine	Iduma
9:30 - 10:45 a.m.	Balance Flow	Sarah
12:00 - 1:00 p.m.	Power Lunch	Kelly
6:00 - 7:15 p.m.	All Levels	Patty
7:30 - 8:45 p.m.	Restorative Yoga	Patty

## Tuesday

6:30 - 7:45 a.m.	Awakening	Patty
10:00 - 11:15 a.m.	Vinyasa	Janel
6:00 - 7:15 p.m.	Hot Hatha	Bailey

## Wednesday

6:00 - 7:15 a.m.	Rise and Shine	Janel
9:30 - 10:45 a.m.	All Levels	Patty
12:00 - 1:00 p.m.	Hour of Power	Sarah
6:00 - 7:15 p.m.	Yogalates	Iduma
7:30 - 8:45 p.m.	Vinyasa	Iduma

## Thursday

6:30 - 7:45 a.m.	Vinyasa	Iduma
10:00 - 11:15 a.m.	Restorative Yoga	Patty
6:00 - 7:15 p.m.	Slow Flow	Janel

## Friday

6:00 - 7:15 a.m.	Rise and Shine	Janel
9:30 - 10:45 a.m.	Vinyasa	Sarah
12:00 - 1:00 p.m.	Power Up	Iduma
5:00 - 6:15 p.m.	Friday Night Flow	Bailey

## Saturday

9:00 - 10:15 a.m.	Hot Power	Philip
12:30 - 1:45 p.m.	Vinyasa	Iduma

## Sunday

1:00 - 2:15 p.m.	Power Flow	Iduma
5:45 - 7:00 p.m.	Hot Yoga	Ainsley