



YOGA CLASS SCHEDULE

MONDAY

8 am Beginners Yoga
10 am Power Flow
12 pm Yin Yoga
2 pm Slow Flow
4 pm Hatha Yoga
6pm Restorative Yoga

TUESDAY

8 am Beginners Yoga
10 am Power Flow
12 pm Yin Yoga
2 pm Slow Flow
4 pm Hatha Yoga
6pm Restorative Yoga

WEDNESDAY

8 am Beginners Yoga
10 am Power Flow
12 pm Yin Yoga
2 pm Slow Flow
4 pm Hatha Yoga
6pm Restorative Yoga

THURSDAY

8 am Beginners Yoga
10 am Power Flow
12 pm Yin Yoga
2 pm Slow Flow
4 pm Hatha Yoga
6pm Restorative Yoga

FRIDAY

8 am Beginners Yoga
10 am Power Flow
12 pm Yin Yoga
2 pm Slow Flow
4 pm Hatha Yoga
6pm Restorative Yoga

SATURDAY

8 am Beginners Yoga
10 am Power Flow
12 pm Yin Yoga
2 pm Slow Flow
4 pm Hatha Yoga
6pm Restorative Yoga

For more information on classes and teachers, visit www.InspireYoga.com