

# Hub City Fitness Yoga

Hub City Fitness provides a wide range of yoga classes ranging from beginner to advanced. With instructors to guide you through every pose.



## Class Schedule

- **Morning Meditation with Instructor Walker from 5:30am-6:20am**
- **Lunch- Time Stretch with Instructor Brooke from 11:45pm-12:30pm**
- **Sun Set Meditation with Instructor Sydney from 6pm-7:30pm**