



URBAN BODY YOGA

boutique + nutrition + barre

OCTOBER 2017

MONDAY

| | | | | |
|---------|------------------------|-------|------------|--------|
| 8:15 AM | Urban Barre | Jamey | Urban Room | 1 hour |
| 9:30 AM | Flow Yoga (Non Heated) | Katie | Urban Room | 1 hour |
| 9:30 AM | Music Power Yoga | Meg | Sanctuary | 1 hour |
| 6:00 PM | Music Power Yoga | Meg | Sanctuary | 1 hour |
| 6:00 PM | Kids Yoga (ages 4-10) | Beth | Urban Room | 1 hour |
| 7:15 PM | Deep Flow Yoga* | Sarah | Sanctuary | 1 hour |
| 7:15 PM | Kids Yoga (ages 4-10) | Beth | Urban Room | 1 hour |

TUESDAY

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|----------|-----------------|---------|------------|-------------|
| 8:15 AM | Power Vin & Yin | Sarah | Sanctuary | 1hour 15min |
| 12:00 PM | Flow Yoga | Emily | Sanctuary | 45 min |
| 5:30 PM | Urban Barre | Destiny | Urban Room | 45 min |
| 6:30 PM | Flow Yoga | Destiny | Sanctuary | 1 hour |

WEDNESDAY

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|---------|------------------------|--------|------------|--------|
| 6:00 AM | Yoga Sculpt | Jamey | Sanctuary | 45 min |
| 9:30 AM | Flow Yoga (Non Heated) | Katie | Urban Room | 1 hour |
| 9:30 AM | Hot Power Yoga | Jamey | Sanctuary | 1 hour |
| 6:00 PM | Music Power Yoga | Meg | Sanctuary | 1 hour |
| 6:00 PM | Kids Yoga (ages 4-10) | Beth | Urban Room | 1 hour |
| 7:15 PM | Deep Flow Yoga* | Alicia | Sanctuary | 1 hour |

THURSDAY

| | | | | |
|----------|-----------------|--------|------------|-------------|
| 8:15 AM | Power Vin & Yin | Sarah | Sanctuary | 1hour 15min |
| 12:00 PM | Flow Yoga | Emily | Sanctuary | 45 min |
| 4:30 PM | Hero's Yoga* | Jen | Sanctuary | 1 hour |
| 5:30 PM | Urban Barre | Jamey | Urban Room | 1 hour |
| 6:30 PM | Flow Yoga | Carrie | Sanctuary | 1 hour |

FRIDAY

| | | | | |
|---------|---------------------|----------|------------|--------------|
| 6:00 AM | Flow Yoga | John | Sanctuary | 45 min |
| 8:15 AM | Deep Flow Yoga* | Jen | Sanctuary | 1 hour |
| 8:15 AM | Urban Barre | Jamey | Urban Room | 1 hour |
| 9:30 AM | Hot Power Yoga | Jennifer | Sanctuary | 1 hour |
| 6:00 PM | Community Flow Yoga | Carrie | Sanctuary | 1 hour - \$6 |

| See Reverse Side For The Continued Schedule |

SATURDAY

| | | | | |
|----------|------------------|---------|-----------|--------|
| 8:15 AM | Flow Yoga | John | Sanctuary | 1 hour |
| 9:30 AM | Music Power Yoga | Destiny | Sanctuary | 1 hour |
| 10:45 AM | Deep Flow Yoga* | Carrie | Sanctuary | 1 hour |

SUNDAY

| | | | | |
|---------|-----------------|---------|-----------|--------|
| 9:00 AM | Flow Yoga | Destiny | Sanctuary | 1 hour |
| 4:00 PM | Deep Flow Yoga* | Megan | Sanctuary | 1 hour |

Deep Flow Yoga*: An All-Levels class with a slower flowing pace that includes a much longer floor series. The longer holds with an emphasis on hip opening poses gives you access to release built up tension and stress. New yogis and athletes welcome!

Hero's Yoga*: A complimentary All-Levels Flow Yoga class for the Hero's of our Community. This class is designed to promote physical, mental and emotional wellness for all Active Duty and Reserve Military Members, Veterans, Police Officers, and Firefighters. [with Proper ID]

Community Flow Yoga* | \$6 Drop-In Class: An All-Levels Flow Yoga class taught by one of our recently graduated teachers. Come and be a part of our growing community. New and experienced students welcome!

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