



URBAN BODY YOGA

July 2018

MONDAY

8:15 AM	Urban Barre	Jamey	Urban Room	1 hour
9:30 AM	Child Watch (Infant-5yrs)	Madi	Kids' Connection	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	Flow Yoga (Non-heated)	Carrie	Urban Room	1 hour
6:00 PM	Music Power Yoga	Meg	Sanctuary	1 hour
6:00 PM	Kids' Yoga (ages 4-9)	Shelby	Kids' Connection	1 hour
7:15 PM	Deep Flow Yoga	Sarah	Sanctuary	1 hour
7:15 PM	Kids' Flow Yoga (ages 9-14)	Shelby	Kids' Connection	1 hour

TUESDAY

8:15 AM	Power Yin & Yin	Sarah	Sanctuary	1 hour 15m
5:30 PM	Urban Barre	Destiny	Urban Room	45 min
6:30 PM	Flow Yoga	Destiny	Sanctuary	1 hour

WEDNESDAY

6:00 AM	Flow Yoga	Gary/Jes	Sanctuary	45 min
9:30 AM	Child Watch (Infant-5yrs)	Madi	Kids' Connection	1 hour
9:30 AM	Yoga Sculpt **	Emily C	Sanctuary	45 min
9:30 AM	Flow Yoga (Non Heated)	Katie	Urban Room	1 hour
6:00 PM	Flow Yoga (Non Heated)	Carrie	Urban Room	1 hour
6:00 PM	Music Power Yoga	Meg	Sanctuary	1 hour
6:00 PM	Kids' Yoga (ages 4-10)	Hannah	Kids' Connection	1 hour
7:15 PM	Candlelight Yoga	Alicia	Sanctuary	1 hour

THURSDAY

6:00 AM	Yoga Sculpt	Meg	Sanctuary	45 min
8:15 AM	Power Yin & Yin	Sarah	Sanctuary	1 hour 15min
4:30 PM	Hero's Yoga*	Jen	Sanctuary	1 hour
5:30 PM	Urban Barre	Jamey	Urban Room	45 min
6:30 PM	Community Flow Yoga	Megan	Sanctuary	1 hour - \$6

| See Reverse Side For The Continued Schedule |

FRIDAY

6:00 AM	Flow Yoga	Gary/Jes	Sanctuary	45 min
8:15 AM	Urban Barre	Jamey	Urban Room	1 hour
9:30 AM	Deep Flow Yoga	Jen	Sanctuary	1 hour
4:00 PM	Restorative Yoga	Carrie	Sanctuary	1 hour

SATURDAY

8:15 AM	Flow Yoga	John	Sanctuary	1 hour
9:30 AM	Music Power Yoga	Jamey	Sanctuary	1 hour
10:45 AM	Deep Flow Yoga	Carrie	Sanctuary	1 hour

SUNDAY

9:00 AM	Flow Yoga	Jes	Sanctuary	1 hour
6:30 PM**	Deep Flow Yoga	Megan	Sanctuary	1 hour

**New Class!

Hero's Yoga*: A complimentary All-Levels Flow Yoga class for the Heroes 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 plus their spouses. [with Proper ID]

Community Flow Yoga* | *\$6 Drop-In Class, Free for Members*: 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!

For the safety and security of our staff and clients, exterior doors may be locked once classes commence. Please plan to arrive 5 minutes prior to posted class times.

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