

# YOGA CLASS SCHEDULE

Beginners\* All Levels\*\* Intermediate\*\*\*

## MONDAY

9:00 – 10:15am	Slow Flow**
6:15 – 7:15pm	HOTT Yoga***
6:30 – 7:45pm	Yin-Yasa**
7:30 – 8:30pm	Vinyasa**

## TUESDAY

5:30 – 6:30am	Sunrise Flow**
8:00 – 9:00am	Barre Sculpt**
9:00 – 10:15am	Slow Flow**
10:30 – 11:45am	Gentle Yoga w/ Essential Oils*
6:00 – 7:00pm	HOTT Yoga***
7:15 – 8:15pm	Yoga Basics LEVEL I*

## WEDNESDAY

5:30 – 6:30am	Faith & Flow**
9:00 – 10:15am	Slow Flow**
12:00 – 12:45pm	Lunch Hour EXPRESS Yoga**
6:00 – 7:00pm	Candlelight Flow**
7:15 – 8:30pm	Relaxation Yoga w/ Essential Oils*

## THURSDAY

5:30 – 6:30am	Sunrise Flow**
8:00 – 9:00am	Barre Sculpt**
9:00 – 10:15am	Slow Flow**
6:00 – 7:00pm	HOTT Yoga***
7:15 – 8:30pm	Yin Yoga w/ Essential Oils*

## FRIDAY

9:00 – 10:15am	Slow Flow**
6:15 – 7:30pm	Flow & Restore**

## SATURDAY

8:00 – 9:00am	Barre Sculpt**
8:00 – 9:00am	Slow Flow**
9:15 – 10:15am	Warm Yin Yoga w/ Essential Oils*
9:30 – 10:45am	Slow Flow**
10:45 – 11:45am	Heated Power (November)***
11:00 – 12:15pm	Yoga Basics LEVEL II*

## SUNDAY (All Sunday Classes are \$5 Drop-in)

9:00 – 10:15am	Rise & Shine**
10:30 – 11:45am	Yoga & Meditation*
3:30 – 4:30pm	Slow Flow**
4:45 – 5:45pm	Holy Yoga**
5:00 – 6:00pm	HOTT Yoga (November)***



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[www.studioyouyoga.com](http://www.studioyouyoga.com)

## BUSINESS HOURS

Monday 9am – 8pm      Friday 9am – 12p  
Tuesday 9am – 8pm      Saturday 9am – 1pm  
Wednesday 9am – 8pm      Sunday 9am – 5pm  
Thursday 9am – 8pm

## INTRODUCTORY YOGA

2 Weeks Unlimited \$29  
(New Students Only)

## UNLIMITED YOGA

(Monthly Automatic Renewal)  
\$80 per month for 12 months  
\$85 per month for 6 months  
\$90 per month for 3 months

## UNLIMITED YOGA+PILATES

\$149 per month for 6 months

## CLASS PACKAGES

5 classes \$70  
10 classes \$135  
20 classes \$220

## PRIVATE YOGA SESSIONS

(Private sessions are 1 hour)  
1 Session \$60  
4 Sessions \$225  
8 Sessions \$420

## RAINDROP TECHNIQUE

60 minutes \$80

## REIKI SESSIONS

30 minutes \$25 / 60 minutes \$45

## THAI YOGA SESSIONS

60 minutes \$75 / 90 minutes \$90