



## YOGA SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
9:00 AM	YIN** (LIZ)	YIN (LINDSAY)	SLOW FLOW** (SAVANNAH)	SLOW FLOW** (LIZ)	HATHA** (LIZ)	HATHA** (SAVANNAH)
10:30 AM	GENTLE** (LIZ)	GENTLE** (SAVANNAH)	GENTLE** (SAVANNAH)	GENTLE** (LIZ)	GENTLE (DARLA)	GENTLE (SAVANNAH)
12:00 PM	HATHA (LIZ)	MEDITATION** (SAVANNAH)	YIN (SAVANNAH)	HATHA (LIZ)	SLOWFLOW** (MELANIE)	
5:30 PM	HATHA (LINDSAY)	GENTLE (MELANIE)	HATHA** (CAROLYN)	SLOW FLOW** (CAROLYN)		

**\*\* These classes are offered in consideration of the students who CANNOT wear a face mask due to mental or physical exceptions according to government code.  
Participants in these classes must accept that some or all students may not wear a face mask.**

**NOTE:** Download the Sana Vida App or call to sign in to the classes you would like to attend.  
Due to social distancing, we have a limited occupancy.  
Students signed in, but do not arrive to class will be charged a late cancellation fee of \$20.  
Thank you for your understanding