



VIRTUAL YOGA SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
9:00 AM		SLOW FLOW (LAUREN)	SLOW FLOW (MELANIE)	SLOW FLOW (MEG)	SLOW FLOW (JESSICA)	SLOW FLOW (LAUREN)	SLOW FLOW (MEG)
11:00 AM	GENTLE (HEATHER)	GENTLE (HEATHER)	GENTLE (DARLA)	GENTLE (CAROLYN)	GENTLE (DARLA)	GENTLE (MELANIE)	GENTLE (SAM)
12:15 PM			YIN (DARLA)	MEDITATION (JYOTI)	YIN (DARLA)		
7:00 PM	YIN (KAT)	YIN (HEATHER)	YIN (MAGGIE)	GENTLE (JESSICA)	YIN (HEATHER)		

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3. Website - www.serasana.com/virtual

ATTEND:

Look for an email with link 30 minutes before class starts (from hello@fitgrid.com) Click the link and get on your mat!!

TROUBLESHOOTING

virtual@serasana.com