



YOGA SCHEDULE

STARTING SATURDAY SEPTEMBER 19TH

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