



# YOGA SCHEDULE

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

**NOTE: MASKS MUST BE WORN IN THE COMMON AREAS AND ONTO YOUR MAT.**

MASKS **MAY** BE REMOVED WHEN CLASS BEGINS, EXCEPT FOR CLASSES MARKED WITH AN \*.

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 remotely, but do not arrive to class will be charged a late cancellation fee of \$20.



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