

Sun and Moon yoga

Schedule - Effective January 2018

Monday	8:00 AM	Blissful Backs	60 mins
	9:15 AM	Vinyasa Flow	75 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	4:45 PM	Warm Flow	60 mins
	6:00 PM	"Hot" Vinyasa Flow	75 mins
	7:30 PM	Yoga for Stress Relief	60 mins
Tuesday	8:00 AM	Good Morning Stretch ~Starts in February	60 mins
	9:15 AM	Slow Flow	75 mins
	10:45 AM	Back to Basics	60 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	4:30 PM	Easy Does It	75 mins
	6:00 PM	Pelvic Core/Yoga Fusion	60 mins
	7:15 PM	"Hot" Vinyasa Flow	75 mins
Wednesday	7:00 AM	Morning Stretch-Mindful Slow Flow	60 mins
	9:15 AM	Easy Does It	75 mins
	12:00 PM	Yoga for Stress Relief	60 mins
	4:30 PM	Vinyasa Flow for All Levels	75 mins
	6:00 PM	Vinyasa Flow	75 mins
	7:30 PM	Yoga for Stress Relief	60 mins
Thursday	8:00 AM	Blissful Backs	60 mins
	9:15 AM	Vinyasa Flow	75 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	4:30 PM	Yoga's Eight Limbs	60 mins
	6:30 PM	Warm Form & Flow	75 mins
Friday	9:15 AM	Vinyasa Flow	75 mins
	10:45 AM	Slow Flow	60 mins
	12:00 N	Yoga for Stress Relief	60 mins
	5:30 PM	"TGIF" Vinyasa Flow	60 mins



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Saturday	8:30 AM	Vinyasa Flow	75 mins
	10:15 AM	Easy Does It	75 mins
	12:00 PM	Yoga for Stress Relief	60 mins
Sunday	9:00 AM	Vinyasa Flow	75 mins
	10:30 AM	Blissful Backs	75 mins
	4:00 PM	Vinyasa Flow	60 mins
	5:15 PM	Restorative/Gentle Yoga	60 mins

****Current Schedule is always available at www.sunandmoonpr.com**