

Namaste Studio Schedule (Begins June 1st)

Monday

6am-6:45 Wake Up Yoga
9am-10am Slow & Gentle
6:15-7:15 Breathe & Pose
7:30-8:15 Aqua Yoga

Tuesday

9:00-9:45am Aqua Yoga
6:15-7:15 Iron Yoga

Wednesday

8am-9am Slow & Gentle
9am-10am Slow & Gentle
6:30-7:30 Power Yoga

**If you have any questions, please call
Jessica 690-4633**

Gym membership is NOT required

To register for classes, visit

<https://www.vagaro.com/namastestudio/classes>

Thursday

9am-10am Power Yoga
6:15-7pm Deep Stretch

Friday

6am-6:45 Wake Up Yoga
9am-10am Slow & Gentle

Saturday

No Classes

Sunday

4pm-5pm Yin Yoga

