

Namaste Studio Schedule (Begins March 1st)

Monday

6am-6:45 Wake Up Yoga
9am-10am Slow & Gentle
5:15-6pm Power Yoga
6:15-7:15 Body 4 Life
7:30-8:15 Aqua Yoga

Tuesday

9:15-10am Aqua Yoga
5:15-6pm Deep Stretch
6:15-7:15 Iron Yoga

Wednesday

8am-9am Slow & Gentle
9am-10am Slow & Gentle
5:15-6pm Power Yoga
6:30-7:30 Breathe & Pose
7:30-8:30 Candlelight Yin

Thursday

9am-10am Power Yoga
5:15-6pm Deep Stretch
6:15-7pm Beginner Series
**(7weeks beginning on
March 7th)**

Friday

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

Saturday

No Classes

Sunday

4pm-5pm Yin Yoga

To register for classes visit <https://www.vagaro.com/namastestudio/classes> If you have any questions please call Jessica 690-4633 (Gym membership is NOT required)