



Awakened Transitive Yoga Class Schedule

\$ 15 drop in \$ 10 drop in*
 \$ 50 5-Pass \$ 100 10-Pass
 \$ 90 1-month unlimited
 \$ 70 1-month unlimited*
 *for people who have been
 relocated from the Paradise area

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 - 11.00		Gentle Flow <i>Shanda</i>	Gentle Flow <i>Cheryl</i>	Gentle Flow <i>Cheryl</i>			
11.00- 12.30	Gentle Flow <i>Shanda</i>		Gentle Flow <i>Shanda</i>				
3.00 - 4.30							
4:30 - 5:45	Vinyasa Flow Level 1-2 <i>Sabrina</i>		Vinyasa Flow Level 1-2 <i>Sabrina</i>				
5.00 - 6.00							
6.00 - 7.00	Power Flow <i>Kristy Nall</i>	Gentle Beginners <i>Ellen</i>	Power Yoga <i>Julia</i>	Gentle Beginners <i>Ellen</i>			Restorative Yoga with props <i>Skyler</i>

you will find the schedule on our website
awakenedyogainchico.com

Please contact for any question & further information:
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