

Namaste Studio Schedule September

Monday

6am-6:45 HOT 26+2

9am-10am Slow & Gentle

6:15-7:15 Breathe & Pose

7:30-8:15 Aqua Yoga

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

Gym membership is NOT required

**For more information & class
descriptions visit**

www.namastestudiomt.com

Thursday

6:15-7:17pm Iron Yoga

Tuesday

9:00-9:45am Aqua Yoga

Friday

6am-6:45 HOT 26+2

9am-10am Slow & Gentle

Wednesday

8am-9am Slow & Gentle

9am-10am Slow & Gentle

6:15-7:15 Deep Stretch

Saturday

No Classes

Sunday

4pm-5pm Yin Yoga

