

# Awakened Transitive Yoga Class Schedule

## Monday

5:00 - 6:00 PM

Yin Yoga

with Brenda

## Tuesday

9:30 - 10:30 AM

Heart & Soul Flow Yoga

with Cheryl

6:00 - 7:00 PM

Gentle Beginner's Yoga

with Ellen

## Wednesday

9:00 - 10:00 AM

Harmony Flow Yoga

with Kristy

5:00 - 6:00 PM

Yin Yoga

with Brenda

6:00 - 7:00 PM

Stretch & Roll

with Skyler

## Thursday

10:00 - 11:00 AM

Power Flow Yoga

with Kristy

6:00 - 7:00 PM

Gentle Beginner's Yoga

with Ellen

## Friday

9:00 - 10:00 AM

Harmony Flow Yoga

with Kristy

## Sunday

6:00 - 7:00 PM

Stretch & Roll

with Skyler

you will find the schedule and contact for classes at:

[www.awakenedyogainchico.com](http://www.awakenedyogainchico.com)