



Downward Dog YOGA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Vinyasa Flow	9am Downward Dog Flow	9am Vinyasa Flow	9am Downward Dog Flow	9am Chill Yoga Therapy Balls	9am Vinyasa Flow	9am Yoga Sculpt
	10:30am Gentle Yoga		10:30am Gentle Yoga		10:15am Mat Pilates	10am Downward Dog Flow
	12pm Basics of Yoga	12pm Barre Fusion		12pm Barre Fusion		
4pm Ashtanga Yoga		4:45pm Yoga 201		4:45pm Yoga 101		4pm Community Yoga class
	5pm Yoga Sculpt		5:30pm Core Sculpt		5:30pm Specialty workshop TBA	
	6pm Vinyasa Flow	6pm Vinyasa Flow	6:45pm Vinyasa Flow	6pm Downward Dog Flow		
7pm Relax and Restore		7:15pm Yoga for Beginners		7:15pm Specialty TBA		

downwarddog-yoga.com

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