

# Yoga 170 + BKY Schedule

New?  
Get 2 passes  
for \$10 total

<b>MONDAY</b>	Gentle Yoga	8:30am
	Slow Flow Vinyasa	10am
	Hatha Yoga	12pm
	Slow Flow Vinyasa	5:15pm
	Hatha Yoga	6:30pm
<b>TUESDAY</b>	Slow Flow Vinyasa	6:30am
	Vin / Yin	8:45am
	Active Vinyasa Flow	10am
	Mindful Yoga	5:30pm
	Candlelight Yoga	7pm
<b>WEDNESDAY</b>	Slow Flow Vinyasa	6:30am
	Hatha Yoga	9am
	Active Vinyasa Flow	10:15am
	Hatha Yoga	5pm
	Form & Flow	6:30pm
<b>THURSDAY</b>	Slow Flow Vinyasa	6:30am
	Active Vinyasa Flow	10am
	Hatha Yoga	12pm
	Slow Flow Vinyasa	5:15pm
	Hatha Yoga	6:30pm
<b>FRIDAY</b>	Active Vinyasa Flow	6am
	Slow Flow Vinyasa	8:45am
	Active Vinyasa Flow	10am
	Tone & Flow	5pm
<b>SATURDAY</b>	Slow Flow Vinyasa	8am
	PIYO 30 min (2x/mo)	9:15am
	Hatha Yoga	10am
<b>SUNDAY</b>	PIYO / Active Flow (rotation)	8:45am
	Slow Flow Vinyasa	10am
	Kids Yoga + Art	11:30am
	Tween/Teen Yoga (2x/mo)	1pm
	Restorative Yoga (2x/mo)	5pm