

FALL SCHEDULE 2017
 * UPDATED (NOV 6TH) *

Truly Yoga Studio

CLASS TYPE: Vinyasa Flow (VF)
 Gentle Hatha Yoga (GHY) Balanced Yoga (BY)
 Fundamentals of Vinyasa Flow (FVF) Pilates (P)
 Yin Vinyasa (YV) *heated

Register online at:

www.trulyyogastudio.com
 or
 at the studio

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30am-9:30am						YV warm	
9:00am-10:00am				VF*			
9:00am-9:45am							P
9:30am-10:30am	VF*	GHY	GHY				
10:00am-11:00am					Yoga Foundations	VF*	BY*
11:30am-12:30am							GHY
12:00pm-1:00pm			VF*		BY*		
1:00pm-1:45pm							Kid's Yoga
5:30pm-6:15pm					P		
6:00pm-7:00pm	VF*	VF*	VF*	BY			1st/2nd Sunday Classes
6:30pm-7:30pm					GHY		
7:30pm-8:30pm	FVF	GHY	FVF				

Studio is open 30 minutes before and after each class on the schedule

1st Sunday of each month (Restorative Yoga) 6:00pm-7:00pm

2nd Sunday of each month (Candlelight Yoga) 6:00pm-7:15pm

Kid's Yoga Sundays @1pm

Truly Yoga Studio
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 Newark, DE 19711

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