

Truly Yoga Studio

CLASS TYPE:

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|---|
| 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

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

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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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30am-9:30am						YV warm	
9:00am-9:45am							P
9:30am-10:30am	VF*	GHY	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			1 st /2 nd Sunday Classes
6:30pm-7:30pm					GHY		
7:30pm-8:30pm	FVF	GHY	FVF				

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