

FALL SCHEDULE 2017

CLASS TYPE:

Gentle Hatha Yoga (GHY)

Balanced Yoga (BY)
(YinYasa)

Fundamentals of Vinyasa Flow
(FVF)

Pilates (P)

Vinyasa Flow (VF)

*heated



TRULY YOGA

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

Truly Yoga Studio
7 Polly Drummond Shpg Ctr
Newark, DE 19711

www.trulyyogastudio.com
trulyyogastudio@gmail.com
(302) 547-7905

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30am-9:30am						FVF*	
9:00am-10:00am				VF*			
9:30am-10:30am	VF*	GHY	GHY				
10:00am-11:00am					Yoga Foundations	VF*	BY*
11:30am-12:30am							GHY
12:00pm-1:00pm	BY*		VF*		BY*		
12:45pm-1:30pm							P
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				

Starting 10/1/17