

FALL SCHEDULE 2017  
 \* UPDATED (NOV 6<sup>TH</sup>) \*

# Truly Yoga Studio

CLASS TYPE: Vinyasa Flow (VF)

Gentle Hatha Yoga (GHY) Balanced Yoga (BY)  
(YinYasa)

Fundamentals of Vinyasa Flow (FVF) Pilates (P)  
\*heated

Register online at:

[www.trulyyogastudio.com](http://www.trulyyogastudio.com)  
or  
at the studio

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30am-9:30am						FVF	
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*		
5:30pm-6:15pm					P		
6:00pm-7:00pm	VF*	VF*	VF*	BY			1 <sup>st</sup> /2 <sup>nd</sup> Sunday Classes
6:30pm-7:30pm					GHY		
7:30pm-8:30pm	FVF	GHY	FVF				

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

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

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

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

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