

SCHEDULE 2018

Truly Yoga Studio

Fall 2018

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

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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
7:00am-8:00am				VF*			
8:30am-9:30am						YV warm	
8:50am-9:35am							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					BY*		
1:00pm-1:45pm							
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				