

SCHEDULE 2019

# Truly Yoga Studio

## Winter 2019

**CLASS TYPE:** Vinyasa Flow (VF)  
 Gentle Hatha Yoga (GHY) Balanced Yoga (BY)  
 Slow Flow Vinyasa (SFV) Pilates (P)  
 Yin Yoga (Y) \*heated

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am-7:00am		VF warm		VF warm			
7:00am-8:00am							
8:30am-9:30am						Y 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*		
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	SFV	GHY	Moved by Nature: Primal Flow				

**Register online at:**

[www.trulyyogastudio.com](http://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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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**  
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 Newark, DE 19711

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