

SCHEDULE 2019

Truly Yoga Studio

Spring 2019

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

Register online at:

www.trulyyogastudio.com

or

at the studio

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Studio is open 30 minutes before each class on the schedule

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1st & 3rd Sundays of each month
 (Restorative Yoga)
 6:00pm-7:00pm

2nd Sundays 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
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			Sunday Specialty Classes
6:30pm-7:30pm					GHY		
7:30pm-8:30pm	SFV	GHY	Moved by Nature: Primal Flow				

Updated: March 18th