

SCHEDULE 2019 (UPDATED 6/24)

Truly Yoga Studio

Summer 2019

CLASS TYPE:

Vinyasa Flow (VF)

Gentle Hatha Yoga (GHY)

Balanced Yoga (BY)

Slow Flow Vinyasa (SFV)

Pilates (P)

Yin Yoga (Y)

Guided Meditation &
Gentle Movement (GM)
(starting 7/1)

*heated

Register online at:
www.trulyyogastudio.com
or at the studio

Studio is open 30 minutes
before each class on the
schedule. Please arrive at
least 5 minutes before
scheduled classes.

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

2nd Sundays of
each month
(Candlelight Yoga)
6:00pm-7:15pm

No Pilates:
7/7; 7/14; 8/18-8/25

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					
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*		
4:15pm-5:15pm	GM		GM				
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				