

Truly Yoga Studio

Schedule: (Updated 8/20)

CLASS TYPE:

Gentle Hatha Yoga (GHY)

Vinyasa Flow (VF)

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

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

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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

No Pilates:
8/18-8/25

9/4 & 9/11 (7:30pm):
Yoga & MELT instead of
Moved by Nature

9/18 (7:30pm):
SFV instead of
Moved by Nature

	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*	SFV*
11:30am-12:30am							GHY
12:00pm-1:00pm					SFV*		
4:15pm-5:15pm	GM		GM				
5:30pm-6:15pm					P		
6:00pm-7:00pm	VF*	VF*	VF*	SFV			Sunday Specialty Classes
6:30pm-7:30pm					GHY		
7:30pm-8:30pm	SFV	GHY	Moved by Nature: Primal Flow				

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