

Truly Yoga Studio

Summer Schedule: (Updated 8/6)

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

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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

**No Yoga Foundations: 8/16
 BY 8/16: 1pm instead of 12pm**

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				