

# Truly Yoga Studio

## Schedule: (Updated 10/8)

**CLASS TYPE:**

Gentle Hatha Yoga (GHY)

Vinyasa Flow (VF)

Slow Flow Vinyasa (SFV)

Pilates (P)

Yin Yoga (Y)

Guided Meditation &  
Gentle Movement (GM)

\*heated

**Register online at:**

[www.trulyyogastudio.com](http://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.

~~~~  
1<sup>st</sup> & 3<sup>rd</sup> Sundays of  
each month  
(Restorative Yoga)  
5:00pm-6:00pm

2<sup>nd</sup> Sundays of  
each month  
(Candlelight Yoga)  
5:00pm-6:00pm

Tapas Burn:  
Blend of HIIT, Strength  
Training, & Toning  
Exercises  
(Weds 7:30pm)

	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*		
4:30pm-5:30pm	GM		GM				
5:30pm-6:15pm					P		
6:00pm-7:00pm	VF*	VF*	VF*	SFV			5pm-6pm Sunday Specialty Classes
6:30pm-7:30pm					GHY		
7:30pm-8:30pm	SFV	GHY	Tapas Burn				

7 Polly Drummond Shpg Ctr  
Newark, DE 19711  
[www.trulyyogastudio.com](http://www.trulyyogastudio.com)  
[trulyyogastudio@gmail.com](mailto:trulyyogastudio@gmail.com)  
(302) 547-7905