

~ SCHEDULE 2020 ~
 UPDATED 12/29/19

Truly Yoga Studio

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
 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)
 5:00pm-6:00pm

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

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

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*	SFV*
11:30am-12:30am							GHY
12:00pm-1:00pm					SFV*		
4:30pm-5:30pm	GM		GM	Prenatal / Gentle Yoga 4:45pm-5:30pm			
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				