



SUMMER 2019 SOUTHTOWN STUDIO CLASS SCHEDULE

MONDAY

12 pm Yoga for Lunch (45 mins)

6:30 pm Strong Flow

7:30 pm Heated Vinyasa

TUESDAY

4:15 am SKY** Meditation

6 am Rise Strong Yoga

9 am Yoga-ahh Gentle Flow

6:30 pm Heated Vinyasa

7 pm Pilates Mat and Intro to
Equipment

WEDNESDAY

6 pm VinYin

7 pm Pilates Group Reformer*

7:30 pm Heated Vinyasa

THURSDAY

4:15 am SKY** Meditation

6 am Rise Strong Yoga

9 am Yoga-ahh Gentle Flow

6:30 pm Heated Vinyasa

6:30 pm Yoga for Athletes

FRIDAY

6 am Rise Strong Yoga

SATURDAY

10 am Pilates Intro to Reformer*

10:30 am Strong Flow

SUNDAY

9:30 am Strong Flow

3 pm Body Luv Yoga

Drop in to classes for \$15, or
THIS SUMMER get 10 classes
for \$70

* Pilates Reformer Classes
\$40, or 10 classes for \$360

** SKY (Sudarsha Kriya Yoga)
Meditation is a type of cyclical
controlled breathing practice
with roots in traditional yoga that
provides relief for depression.