

CLASS SCHEDULE

Please visit dflyyoga.com for class description and changes to the schedule

60 minute class	\$15 drop-in
90 minute class	\$18 drop-in
Unlimited monthly	\$109
LUNCH HOUR YOGA	\$10



UPDATED 6/23/2017

Please be patient with us during the summer months as several of our teachers are traveling. Our subs appreciate your patience!

MONDAY

9:30 - 11 am	Level One/Two	Supriti
12:00 - 1 pm	Lunch Hour Yoga – All-Levels	Giuditta
5:00 – 6:00 pm	Community Class for New Day *last class June 26 th	IYT Teachers
6:00 – 7:00 pm	Level One *starting July 3	Joan

TUESDAY

9:30 - 11 am	Level One	Joan
12:00 – 1:00 pm	Lunch Hour Yoga – All Levels *starting July 25 th Build and Restore with Kira	Lori
6:00 – 7:00 pm	Intermediate Yoga	Stephanie

WEDNESDAY

9:30 – 10:30 am	Yin Yoga	Sonia
12:00 – 1 pm	Lunch Hour Yoga – Intermediate	Sage
6:00 – 7:00 pm	Gentle and Restorative Yoga with Massage	Kira

THURSDAY

9:30 – 11 am	Level One	Kelly
12:00 – 1 pm	Lunch Hour Yoga – Therapeutic Yoga	Kira
6:00 – 7:00 pm	All-Levels Yoga	Giuditta
7:30 – 8:30 pm	Yin / Nidra	Joan

FRIDAY

7:00 – 8:00 am	Morning Hatha Flow *last class June 30 th	Melanie
9:30 - 11 am	Fundamentals / Level 1	Joan
12:00 – 1 pm	Lunch Hour Yoga – Vinyasa Flow	Sonia

SATURDAY

9:00 – 10:30 am	Vinyasa Flow	Michele
-----------------	--------------	---------

SUNDAY

10:30 – 12 pm	Vinyasa + Meditation	Stephanie
2:00 – 3:30 pm	Restorative Yoga	Michele

1301 Rio Grande Blvd. NW Suite #2

(505) 377-3045

dflyyoga.com