

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 (cash only)



UPDATED 8/18/2017

MONDAY

9:30 - 11 am	Level One/Two	Supriti
12:00 - 1 pm	Lunch Hour Yoga - All-Levels	Giuditta
6:00 - 7:00 pm	Level One	Joan

TUESDAY

9:30 - 11 am	Level One	Joan
12:00 - 1:00 pm	Build and Restore	Kira
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
7:30 - 8:30 pm	Yoga Workshop for Grief and Healing From September 13 - October 4	Nathalie

THURSDAY

9:30 - 10:30 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

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
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SUNDAY

10:30 - 12 pm	Vinyasa + Meditation	Allison
2:00 - 3:30 pm	Restorative Yoga	Michele
7:00 - 8:30 pm	Valley Dragon Zazen Meditation	Rev. Keizan Titus O'Brien

1301 Rio Grande Blvd. NW Suite #2

(505) 377-3045

dflyyoga.com