

# CLASS SCHEDULE

**Please visit [dflyyoga.com](http://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 10/10/2017**

## 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

9:00 - 10:30 am	Level One	Joan
12:00 - 1:00 pm	Build and Restore	Kira
1:30 - 2:15 pm	Therapeutic Yoga for Joint Strength and Mobility From October 15-31	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

## THURSDAY

9:00 - 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

## FRIDAY

9:00 - 10:30 am	Fundamentals / Level 1	Joan
12:00 - 1 pm	Lunch Hour Yoga - Vinyasa Flow	Sonia

## SATURDAY

9:00 - 10:30 am	Vinyasa Flow	Rebecca
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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

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