

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 1/20/2019

MONDAY

9:30 - 11 am	Level One/Two	Supriti
12:00 - 1 pm	Lunch Hour Yoga - Therapeutic Yoga	Kira
4:30 - 5:30 pm	Vinyasa Flow	Karina
6:00 - 7:00 pm	Gentle Vinyasa	Nathalie

TUESDAY

9:00 - 10:30 am	Level One	Joan
12:00 - 1:00 pm	Lunch Hour Yoga - Vinyasa Flow	Sonia
1:30 - 2:30 pm	Second Lunch Hour - Vinyasa Flow	Sonia
6:00 - 7:00 pm	Beginners Flow/Level One	Julie

WEDNESDAY

9:30 - 10:30 am	Yin Yoga	Sonia
12:00 - 1 pm	Lunch Hour Yoga - Iyengar Level One	Sage
5:30 - 6:30 pm	Forrest-Inspired Yoga	Kelly
6:30 - 7:00 pm	Mindfulness and Meditation	Kelly

THURSDAY

9:00 - 10:30 am	Level One	Kelly
12:00 - 1 pm	Lunch Hour Yoga - Gentle and Restorative with massage	Kira
5:30 - 6:30 pm	Vinyasa Flow	Michele

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
-----------------	--------------	---------

SUNDAY

10:30 - 12 pm	Iyengar Level Two	Sage
2:00 - 3:30 pm	Restorative Yoga	Michele

1301 Rio Grande Blvd. NW Suite #2

(505) 377-3045

dflyyoga.com