

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 09/25/2018

MONDAY

9:30 - 11 am	Level One/Two	Supriti
12:00 - 1 pm	Lunch Hour Yoga - Level One	Rachaelle
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	Level One	Joan

WEDNESDAY

9:30 - 10:30 am	Yin Yoga	Sonia
12:00 - 1 pm	Lunch Hour Yoga - Iyengar Level One	Sage
6:00 - 7:00 pm	Gentle and Restorative Yoga	Joan

THURSDAY

9:00 - 10:30 am	Level One	Kelly
12:00 - 1 pm	Lunch Hour Yoga - Vinyasa	Carrie
6:00 - 7:30 pm	Level Two	Rachaelle

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

1301 Rio Grande Blvd. NW Suite #2

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dflyyoga.com