

PURA VIE YOGA

JANUARY 2019 SCHEDULE

MONDAY

9:00 AM Gentle
10:30 AM Vinyasa Flow
5:00 PM Senior
6:30 PM Meditation

TUESDAY

9:00 AM Kripalu Vinyasa
10:30 AM Yin
5:00 PM Vinyasa Flow
6:30 PM Yin

WEDNESDAY

9:00 AM Vinyasa Flow
10:30 AM Restorative
5:00 PM Gentle
6:30 PM Vinyasa Flow

THURSDAY

9:00 AM Kripalu Vinyasa
10:30 AM Yin
5:00 PM Kundalini
6:30 PM Meditation

FRIDAY

9:00 AM Vinyasa Flow
10:30 AM Restorative
5:00 PM Senior
6:30 PM Meditation

SATURDAY

9:00 AM Gentle/Senior*
10:30 AM Vinyasa Flow
5:00 PM Kundalini
6:30 PM Meditation

***Sat. 9 AM Senior Yoga on
Jan. 12 and Jan. 26**