

KUR YOGA SCHEDULE

MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

When **Gentle & Slow Yoga** classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

Sundays

9:15 - 10:15 am	Gentle Yoga	Doreen
10:30 - 11:30 am	Vinyasa Flow (starting 5/22)	Trey



Mondays

9:15 - 10:15 am	Slow Flow	Megan
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Tuesdays

9:15 - 10:15 am	Vinyasa Flow	MaryAnn
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Wednesdays

9:15 - 10:15 am	Gentle Yoga	Megan
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Thursdays

9:15 - 10:15 am	Vinyasa Flow	MaryAnn
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Fridays

9:15 - 10:15 am	Yin Yoga	Doreen
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Saturdays

9:15 - 10:15 am	Vinyasa Flow	Emily
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Reservations strongly suggested! Classes can fill or be cancelled two student minimum (or class is canceled one hour before start)

WORKSHOPS

Sound Bath Meditations with Jacob Schaffer
Sunday, **June 5th**, 3:00-4:30pm, **\$25**

Great Yoga Wall with Maggie McCuiston
Saturday, **June 11th**, 12:00-1:30pm, **\$35**

Yoga Class Pricing

Drop-In: **\$15**

10-Class Pack: **\$125** (\$12.50 each)

20-Class Pack: **\$225** (\$11.25 each)

1-Month Unlimited: **\$90** (or **\$79** in our Club)

First-Month Unlimited: **\$45** (new students)

New Student Package: **\$99** (60-min private + first month)