

KUR YOGA SCHEDULE

Two Night Classes ☾ (Are Back!

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	Megan New Class

Mondays

9:15 - 10:15 am	Slow Flow	Megan
6:15 - 7:15 pm ☾	Vinyasa Flow	MaryAnn New Class

Tuesdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
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Wednesdays

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

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
6:15 - 7:15 pm ☾	Vinyasa Flow	Megan New Class

Fridays

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

9:15 - 10:15 am	Yoga Fundamentals	Emily New Class
10:30 - 11:30 am	Vinyasa Flow New Time	Trey

Reservations strongly suggested! Classes can fill or be cancelled two student minimum (or class is canceled one hour before start)

WORKSHOPS

Great Yoga Wall with Maggie McCuiston
Saturday, **August 20, \$35**

Medium Meditation with Alaine Portner
Friday, **August 5, 1:30-3:00pm, \$125**

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)