

# 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	Trey
4:15 - 5:15 pm	Meditative Restorative with Singing Bowls	Kimberly

Day  
swap

### Mondays

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

### Fridays

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

9:15 - 10:15 am	Yoga Fundamentals	Emily
10:30 - 11:30 am	Vinyasa Flow	Megan

Day  
swap

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

**Breathe Stretch Release (BSR™)** with Rich  
Saturday, January 28, 1:30-3:00pm, **25**

**YOGA 101 with Emily for Beginners**  
February Mondays (2/6-27) 6:15-7:15pm  
\$79 for all four classes

### Great Yoga Wall Workshop

Great Yoga Wall with Maggie  
Saturday, March 11, 12:30-2:00pm, **\$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)