



PUREJOY
YOGA + WELLNESS

2018 SCHEDULE

MONDAY

6:30 AM HATHA
9:00 FLOW 1+2
NOON VINYASA
4:15 PM BEGINNER FLOW
5:30 FLOW 1+2
7:00 HOT FLOW

TUESDAY

9:00 AM GENTLE
12:10 PM LB (40 MIN)
4:15 VINYASA
5:30 PILATES
7:00 CANDLELIT YIN

WEDNESDAY

6:30 AM HATHA
9:00 VINYASA
NOON HOT FLOW
4:15 PM BEGINNER FLOW
5:30 FLOW 1+2
7:00 HOT POWER

THURSDAY

9:00 AM GENTLE
12:10 PM LB (40 MIN)
4:15 VINYASA
5:30 PILATES
7:00 CANDLELIT YIN

FRIDAY

9 AM VIN-YIN
NOON FLOW 1+2
4:15 PM RESTORE
5:30 FLOW 1+2

SATURDAY

8 AM GENTLE
9:30 AM FLOW 1+2

10:30 AM
START HERE:
ORIENTATION + YOGA BASICS

SUNDAY

1:30 PM FLOW 1+2
3:00 PM YIN
5:00 PM KUNDALINI

THE

GENTLE MENU

TO GET YOU STARTED

YOGA BASICS · YIN · RESTORE · BEGINNER FLOW · GENTLE · KUNDALINI · HATHA