

RIVER'S EDGE YOGA

SCHEDULE

SUNDAY	8:00 – 10:00 am	Mysore	Experienced
	10:00 – 11:00 am	Yoga Mom, Yoga Baby	Open
	11:00 am – Noon	Floor Barre	Open
	12:15 – 1:30 pm	Yoga for Athletes	Open
	2:00 – 3:00 pm	Down Dog 101*	Beginner
	6:30 – 7:30 pm	Joyful Belly Dance**	Open
MONDAY	12:15 – 1:15 pm	Yoga for Lunch	Open
	5:30 – 6:30 pm	Down Dog 101*	Beginner
	6:45 – 8:00 pm	Yoga for Athletes	Open
	8:00 – 9:15 pm	Vinyasa Flow	Open
TUESDAY	8:30 – 9:30 am	Semi Private Ballet	Open
	10:30 – 11:30 am	Yoga Sage	Open
	12:15 – 1:15 pm	Yoga for Lunch	Open
	5:30 – 6:30 pm	Yoga Basics	Beginner
	6:45 – 8:30 pm	Ashtanga Primary Series	Experienced
WEDNESDAY	12:15 – 1:15 pm	Yoga for Lunch	Open
	5:30 – 6:30 pm	Yoga Happy Hour	Open
	6:45 – 8:00 pm	Yoga for Athletes	Open
	8:00 – 9:00 pm	Down Dog 101*	Beginner
THURSDAY	9:45 – 10:45 am	Yoga Mom Yoga Baby	Open
	11:00 am – Noon	Yoga Basics	Open
	12:15 – 1:15 pm	Yoga for Lunch	Open
	5:30 – 6:30 pm	Ashtanga Foundations	Open
	6:45 – 8:30 pm	Ashtanga Primary Series	Experienced
FRIDAY	6:00 – 7:00 am	Yoga for Athletes	Open
	9:00 – 10:00 am	Semi Private Ballet	Open
	10:30 – 11:30 am	Vinyasa Flow	Open
	12:15 – 1:15 pm	Yoga for Lunch	Open
SATURDAY	8:45 – 10:30 am	Ashtanga Second Series***	Advanced
	10:45 am – Noon	Vinyasa Variation	Open
	12:15 – 1:45 pm	Ashtanga Primary Series	Experienced
	2:00 – 3:00 pm	Yoga Basics	Beginner

* **Down Dog 101**
Five week session begins:
Wednesday, April 10
Required enrollment.

** **Joyful Belly Dance**
Session runs March 24
through May 19

*** **By permission of
instructor only.**

New classes added
regularly. Please check
our website for updates.
riversedgeyoga.com

PRICES

DROP-IN
\$15

5 CLASSES
\$70

10 CLASSES
\$130

First time student? Try a class for free! Restrictions apply.