

BODY - BREATH - BLISS



Yoga with Hasu

	MONDAY	TUESDAY	THURSDAY	SATURDAY
MORNING				
	10 A.M. GENTLE YOGA	10 A.M. GENTLE YOGA	10 A.M. GENTLE YOGA	10 A.M. YOGA FLOW
EVENING				
	5:30 P.M. BEGINNER'S YOGA	5:00 P.M. MEN'S YOGA	5:00 P.M. MEN'S YOGA	
		6 P.M. YOGA FLOW	6 P.M. YOGA FLOW	
	7 P.M. GENTLE YOGA		7 P.M. GENTLE YOGA	