

Tucson

YOGA

WEEKLY YOGA CLASSES

<i>Mon</i>	7-8:15 am	Rise & Shine	Tiffany
	9:15-10:30 am	Gentle	Joanna
	12-1 pm	Flow 60*	Ashley
	4-5:15 pm	Restorative Yin	Casey
	5:30-6:45 pm	Basics	Leah
	7-8 pm	Flow 60*	Laura
<i>Tue</i>	9:15-10:30 am	Yin & Gentle	Lyndi
	12-1 pm	Flow 60*	Courtney
	5:30-6:45 pm	Yin	Gabrielle
<i>Wed</i>	7-8:15 am	Rise & Shine	Tiffany
	9:15-10:45 am	Yin	Ashley
	12-1 pm	Flow 60*	Grace
	5:30-6:45 pm	Basics	Joseph
	7-8 pm	Flow 60*	Laura
<i>Thu</i>	9:15-10:30 am	Gentle & Restorative	Joanna
	12-1 pm	Flow 60*	Ashley
	1:30-2:30 pm	Mama & Baby	Leah
	5:30-6:45 pm	Yin	Joseph
	<i>Fri</i>	7-8:15 am	Rise & Shine
9:15-10:30 am		Yin & Flow	Gabrielle
10:45-11:45 am		Yoga for a Cause**	Courtney
4-5:30 pm		Restorative Yin	Ashley
<i>Sat</i>		9-10:30 am	Yin & Flow
	11-12:15 pm	Basics	Leah
<i>Sun</i>	9-10:30 am	Mindfulness Yoga	Frank Jude
	11-12:30 pm	Advanced Flow	Laura
	3:30-4:45 pm	Yin	Tiffany

drop-ins \$8 ~ membership & packages available

*Flow 60 drop-in \$4 cash only or regular pricing option

**Yoga for a Cause is offered by donation

www.tucsonyoga.com