







ERYN'S YOGA
• STRONG BODY • CALM MIND •

“
*Right here,
right now,
you are exactly
where you need
to be.*
”

LIVESTREAM YOGA 2022

SUN	MON	TUE	WED	THU	FRI	SAT
Rest zzz	<u>Slow Flow</u> 10:30-11:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30-7:30pm	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:15am
Rest zzz	<u>Slow Flow</u> 10:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30-7:30pm	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:15am
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Rest zzz	<u>Slow Flow</u> 10:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30pm-7:30pm	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:15am

www.ErynsYoga.com

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-  Eryn Kirkwood / Eryn's Yoga

The class schedule is subject to change without notice. Any changes will be made at the start of the month.