



"Voted Savannah's Best Yoga Center 2007, 08 & 09"

Locally Owned & Operated

3 Blocks South of Forsyth Park!

FEBRUARY SCHEDULE

Walk-ins Welcome!

MONDAY

7:15-8:30am All Levels Flow Yoga- Theresa \$9
10:00-11:15am Community Dynamic Flow- Stephanie \$9
11:30-12:45pm Mom & Infant Yoga(pre-crawlers)- Betsy S.
4:00-5:15pm **HOT** All Levels Flow Yoga- Stephanie
5:30-6:45pm Gentle Flow Yoga- Kelley Boyd
7:15-8:45pm **HOT** Kundalini Yoga All levels- Christine R.

TUESDAY

7:15-8:15am Gentle Flow Yoga All levels- Dawn T.
8:45-10:00 **HOT** Dynamic Community Flow Yoga- Kelley Boyd \$9
10:30-11:30am Community Yoga All levels- Stephanie \$6
11:45-1:00pm Community Beginners Yoga- Dawn T. \$9
4:00 - 5:15pm Yin Yoga- Lauren
5:30-7:00pm Ashtanga Yoga All levels- Lisa
7:15-8:30pm **HOT** Flow Yoga All levels- Betsy P.

WEDNESDAY

7:15 -8:15am Community Dynamic Flow- Betsy P. \$6
9:15-10:30am Gentle Yoga Flow- Sue
11:00-12:15pm Community All Level Yoga Flow- Sue \$9
4:00-5:00pm Community Yoga All levels- Dawn S. \$6
5:30-6:45pm Beginners Yoga- Dawn S.
7:15-8:30pm **HOT** All Levels Flow Yoga- Dawn T.

THURSDAY

7:15-8:15am Community Flow All Levels - Dawn T. \$6
10:30-11:30am Community Dynamic Flow- Stephanie \$6
11:45-1:00pm **HOT** Flow Yoga levels 1&2- Stephanie
4:00-5:00pm Community Flow All Levels - Stephanie \$6
5:30-7:00pm Dynamic Flow Yoga All Levels- Kelley Boyd
7:15-8:30pm Gentle Yoga Flow- Dawn T.

FRIDAY

7:15-8:15am Community Dynamic Flow- Betsy P. \$6
10:30-11:45am Mommy & Me (crawlers)- Betsy S.
12:15-1:30pm Community Yoga All levels- Stephanie \$9
4:00-5:15pm **HOT** Flow Yoga All levels- Dawn T.

SATURDAY

11:00-12:30pm Yoga Flow All levels- Dawn S.

SUNDAY

4:30-5:30pm Community Gentle Yoga- Lauren \$6
5:45-7:00pm **HOT** Flow Yoga All Levels- Kendall
7:15-8:30pm Community Yoga Level 2- Dawn S. \$9

CLASS DESCRIPTIONS ON OUR WEBSITE

www.savannahyoga.com

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