



AUGUST SCHEDULE 2022

MONDAY

10:00 – 11:15 FLOW FUSION
5:45 – 6:45 YOGA SHRED™ VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 YOGAJUANA
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

9:00 – 10:15 SLOW FLOW & SOUND *NEW
10:30 – 11:30 WARM FLOW FUSION
5:45 – 7:00 YOGA FOR STRESS RELIEF
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
5:30 – 6:45 GENTLE
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HEARTFUL HATHA YOGA

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 DEEP STRETCH – YIN YOGA
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE



**Twice a week!
Tuesdays and Fridays**

SPECIAL EVENTS

Sound Bath Meditation with Diane & Francesca

TWO OFFERINGS!

When: Sunday, August 7th

Time: 4:30 – 5:30 pm

AND

6:00 – 7:00 pm

Cost: Reg. class rates

5 Year Anniversary Celebration

FREE YOGA ALL DAY!

Saturday, August 13th

Schedule posted online

Registration is open!

*Limit 2 classes per yogi

HOT 26/2 with Sallie

Sunday, August 21st

Time: 8:00 - 9:30 am

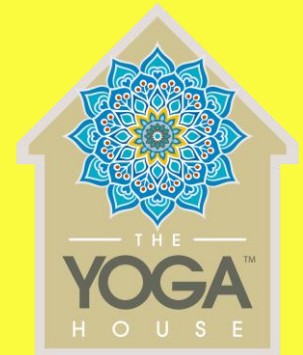
Cost: Reg. class rates

NEW CLASS!

Wednesdays 9:00 am

Slow Flow & Sound

with Diane



*see website for registration links and details

The Yoga House 505 Eichenfeld Dr. Ste. 106 Brandon, FL 33511 Phone: 813-763-2522

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