



YOGA CUFIT PASS

FALL 2017 & WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strengthening Yoga 9:00 - 10:15		Good Morning Yoga 7:00 - 8:00				Power & Peace Yoga 9:30 - 11:00
Yoga 12:05 - 12:55	Power Yoga 12:05 - 12:55	Yoga 12:05 - 1:30	Yoga 12:05 - 12:55	Yoga 12:05 - 1:30	Yoga Core 11:00 - 12:30	
Yoga Flow 3:30 - 4:30	Yin Yoga 2:30 - 4:00	Flow-Yin-Fusion 1:30-3:00	Women's Only Yoga 1:00 - 2:30			
Yoga 6:00 - 7:30	Yoga 5:00 - 6:30	Yoga 5:00 - 6:30	Gentle Evening Yoga 6:00 - 7:30			
	Yoga 7:00 - 8:00	Yoga 7:00 - 8:30				
Yoga Room						