



RAVENS

YOGA CUFIT PASS

FALL 2018

Please click on a class to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 - 10 am Yoga Breath & Movement		10 - 11:30 am Yin Yang Yoga				9:30 - 11 am Power & Peace Yoga
12 - 1 pm Yoga	12 - 1 pm Power Yoga	12 - 1 pm Yoga	12 - 1 pm Yoga	12 - 1 pm Yoga	11 - 12:30 pm Yoga Core	
3:30 - 4:30 pm Gentle Yoga	2:30 - 4 pm Yin Yoga	1 - 2:30 pm Flow Yin Power Fusion	1 - 2:30 pm Women's Only Yoga	1:30 - 3 pm Yoga for Shoulders & Hips		
5 - 6 pm Yoga Pilates Tune-Up	5 - 6:30 pm Yoga	5 - 6:30 pm Yoga				
6 - 7:30 pm Yoga	7 - 8:30 pm Gentle Evening Yoga	7 - 8 pm Yoga	6 - 7:30 pm Gentle Evening Yoga			

YOGA ROOM