



Classes are ongoing
and start anytime!

New students:
One week
unlimited yoga \$15

** classes taught by Flo &
Clint are inspired by
Anusara Yoga

WINTER 2010 CLASS SCHEDULE

JANUARY 2, 2010 - MARCH 31, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 a.m. yoga flow Tung		6:30-7:30 a.m. yoga flow Lisa		6:30-7:30 a.m. yoga flow Tung		
9:15-10:45 a.m. heated power flow Mara	9:15-10:30 a.m. yoga basics Flo**	9:15-10:30 a.m. hatha yoga Beth	9:15-10:30 a.m. yoga basics Flo**	9:15-10:30 a.m. hatha yoga Beth	9-10:30 a.m. yoga flow Lisa	9-10:30 a.m. heated yoga flow Diana
	12-1:15 p.m. heated yoga flow Mara		12-1:15 p.m. yoga flow Lisa	11 a.m.-12:15 p.m. vinyasa flow Katie	11 a.m.-12:30 p.m. vinyasa flow 2-3 Lisa	11 a.m.-12:15 p.m. hatha yoga Mara
5:15-6:30 p.m. beginners Clint**	5-6:15 p.m. vinyasa flow Mara		5-6:15 p.m. vinyasa flow Mara		3-4:30 p.m. relax and restore Debz (3rd Sat. of mo.)	4-5:30 p.m. vinyasa flow 2-3 Mara
7-8:15 p.m. hatha yoga 2-3 Clint**	6:30-7:45 p.m. hatha yoga Flo**	6:00-7:30 p.m. heated yoga flow Mara	6:30-7:45 p.m. beginners Clint**			

Schedule is subject to change. Please check our website for up-to-the-minute information.

www.inspireyoga.com / (913) 385-9033 / 90th and Roe