

JUST BE PERNILLE YOGA
326 Main Street, Hyannis
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:15 Wake Up Warm Up		6:00-7:15 Wake Up Warm Up		6:00 Wake Up Warm Up	
8:00-9:15 Heated Power	7:45-9:00 Vinyasa Flow	7:45-9:00 Align & Flow	7:45-9:00 Vinyasa Flow	7:45-9:00 Vinyasa Flow	7:45-9:00 Vinyasa Flow	
	9:30-10:45 Yin Yang	9:30-10:45 Yoga-Lite	9:30-10:45 Yin Yang	9:30-10:45 Healing Vinyasa	9:30-10:45 Core Flow	9:00-10:15 Heated Power
11:00-12:30 Align and Flow						11:00-12:15 Yin
	3:30-4:30 Align & Flow			3:30-4:30 Core Power Hour	3:30-4:30 Core Power Hour	
5:00-6:15 Yin						
	5:30-6:45 Yin	5:30-6:45 Heated Power	5:30-6:45 Align & Flow	5:30-6:45 Heated Power	5:30-6:45 Restorative	

PLEASE SEE MINDBODY FOR SCHEDULED TEACHERS