

**JUST BE PERNILLE YOGA**  
**326 Main Street, Hyannis**  
**www.justbeyogastudio.com**  
**(774)-470-4967**  
**BEGINS NOVEMBER 5th**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:00-7:15</b> Wake Up Warm Up		<b>6:00-7:15</b> Wake Up Warm Up		<b>6:00</b> Wake Up Warm Up	
<b>8:00-9:15</b> Heated Power	<b>7:45-9:00</b> Vinyasa Flow	<b>7:45-9:00</b> Align & Flow	<b>7:45-9:00</b> Vinyasa Flow	<b>7:45-9:00</b> Fusion Flow	<b>7:45-9:00</b> Vinyasa Flow	
	<b>9:30-10:45</b> Slow is the New Strong	<b>9:30-10:45</b> Hatha Yoga	<b>9:30-10:45</b> Yin Yang	<b>9:30-10:45</b> Healing Vinyasa	<b>9:30-10:45</b> Slow is the New Strong	<b>9:00-10:15</b> Heated Power
<b>11:00-12:15</b> Align and Flow						<b>11:00-12:15</b> Yin
	<b>4:00-5:00</b> Fusion Flow				<b>4:00-5:00</b> Core Power Hour	
<b>5:30-6:45</b> Yin	<b>5:30-6:45</b> Restorative	<b>5:30-6:45</b> Heated Power	<b>5:30-6:45</b> Warm Candlelight Slow Flow w/Doterra	<b>5:30-6:45</b> Heated Power	<b>5:30-6:45</b> Restorative	
		<b>7:15-8:30</b> Yin	<b>7:15-8:30</b> Heated Power			