

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

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 Fusion Flow	7:45-9:00 Vinyasa Flow	
	9:30-10:45 Slow is the New Strong	9:30-10:45 Hatha Yoga	9:30-10:45 Yin Yang	9:30-10:45 Healing Vinyasa	9:30-10:45 Slow is the New Strong	9:00-10:15 Heated Power
11:00-12:15 Align and Flow						11:00-12:15 Yin
	4:00-5:00 Fusion Flow				4:00-5:00 Core Power Hour	
5:30-6:45 Yin	5:30-6:45 Restorative	5:30-6:45 Heated Power	5:30-6:45 Warm Candlelight Slow Flow w/Doterra	5:30-6:45 Heated Power	5:30-6:45 Restorative	
		7:15-8:30 Yin				