



LIFT YOGA

HIIT
DULUTH

yoga classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:30AM VINYASA FLOW		6:30AM VINYASA FLOW	
10AM VINYASA FLOW	10:30AM VINYASA FLOW	9:30AM GENTLE + RESTORATIVE	10:30AM VINYASA FLOW	9:30AM GENTLE + RESTORATIVE	10:30AM VINYASA FLOW	8:30AM VINYASA FLOW
	NOON ALL LEVELS	NOON ALL LEVELS	NOON ALL LEVELS	NOON ALL LEVELS	NOON ALL LEVELS	11:30AM ALL LEVELS
5PM YIN	6PM ALL LEVELS	6PM VINYASA FLOW	6PM ALL LEVELS	6PM VINYASA FLOW		
		7:30PM RESTORATIVE + NIDRA		7:30PM MINDFUL FLOW		