



Class Schedule

March 2010

Yoga Classes are in a heated environment; bringing a towel and fluids to class is a good idea.

- Classes are for most skill levels, modifications will be presented.
- Intro to Yoga available Monday's 645pm and Sat at 11:15am

Sun	Mon	Tues	Wed	Thurs	\$5 COMMUNITY Fridays	Sat
9:00am Renew and awaken Jill	<i>Morning Special \$10</i> 9:45am Strength and Flow Pam	<i>Morning Special \$10</i> 9:45am Yoga Leslie	<i>Morning Special \$10</i> 9:45am Urban Bliss Vinyasa Erica	<i>Morning Special \$10</i> 9:45am Yoga Leslie	9:45am **Community Vinyasa Yoga TBD	9:45am Urban Bliss Yoga Fusion HOT Lizzy
	6:45pm Intro Yoga Jill	6:45pm Vinyasa Flow Yoga Vicki	5:45pm Alignment Based Maureen *Pay separate Please read	1:45pm Yoga Jill	6:30pm **Community Vinyasa Flow Yoga 5 th -Vicki 12 th -Leslie 19 th -Linds 26th Pam	11:15am Intro to Yoga Vicki
Snow days- If school is out so are we	745pm Vinyasa Lindsey	745pm Vinyasa Diana	745pm Vinyasa Vicki	645pm Vinyasa 4 Diana 11 Pam 18 Pam 25 Diana		

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*Bring a friend to Friday Community classes, all are \$5.00 each and do not count toward class packages