



Class Schedule
JULY 2009

****MORNING YOGA SUMMER SPECIAL: \$10/class M-Th!**
****Bring a friend new to Urban Bliss and your class is 1/2 off**

- NEW** classes to Compliment your Vinyasa Flow:
- Deep Stretch Yoga Class Sunday & Wed
 - M & Th Restorative Yoga/Meditation
 - Monday INTRO to YOGA (4 weeks)

Sun	Mon	Tues	Wed	Thurs	COMMUNITY Classes Fridays	Sat
<p>9:00am Deep Stretch & Core Work YIN Yoga</p> <p>Sam</p>	<p>9:45am Yoga</p> <p>Sam Morning Special Price</p>	<p>7:00 am Yoga</p> <p>Lizzy</p>	<p>9:45am Yoga</p> <p>Amanda Morning Special Price</p>	<p>7:00 am Yoga</p> <p>Lizzy</p>	<p>9:45am **Community Yoga</p> <p>Amanda</p> <p>6:30pm **Community Yoga</p> <p>Rotating Instructor</p>	<p>8:30am Yoga</p> <p>Amanda</p>
	<p>6:00pm Yoga</p> <p>Kari</p>	<p>8:30am Yoga</p> <p>Memi Morning Special Price</p>	<p>NEW 5:45pm Deep Stretch & Core Work YIN Yoga</p> <p>Sam</p>	<p>8:30am Yoga</p> <p>Sam Morning Special Price</p>		<p>9:45am Yoga</p> <p>Lizzy</p>
	<p>7:15pm NEW INTRO to YOGA 4 Week Series \$5/class Lizzy</p>	<p>6:30pm Yoga</p> <p>Amanda</p>	<p>6:30pm Yoga</p> <p>Sam</p>	<p>6:30pm Yoga</p> <p>Dawn</p>		<p>11:15am Yoga</p> <p>Camille/Ellen/ Michelle</p>
<p>Checkout our Website for Summer Workshops</p>	<p>7:15pm in Studio 3</p> <p>Restorative yoga & Meditation Classes Ellen</p>	<p>7:30pm Yoga</p> <p>Genevieve</p>	<p>7:15pm Yoga</p> <p>Memi / Sam</p>	<p>7:30pm in Studio 3</p> <p>Restorative yoga & Meditation Classes Lizzy/Ellen</p>	<p>20600 N. Main St Cornelius, NC 28031</p> <p>Toll-Free: 1-888-YES-BLISS Lizzy Hoffmann: 704-408-4003</p>	

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