

Gratitude Yoga

and Movement Space, LLC

Class Schedule

Monday:

8:00- 9:00am Moderate Flow Yoga

9:15 – 10:00am Pilates

Wednesday:

8:00- 9:00am Yoga + Healing Energy

9:15 – 10:15am All Levels Flow Yoga

Friday:

8:00 – 9:00am Slow Flow Yoga *1st Friday of the month is Yoga + Foam Rolling*

9:15 – 10:15am Slow Flow Yoga

10:30 – 11:10am Chair Yoga

Class Packages

- 1 Class per week = \$55 per month
- 2 Classes per week = \$65 per month
- 3 Classes per week = \$75 per month
- 4 Classes per week = \$85 per month

Drop in single class = \$12 each