

Gratitude Yoga

and Movement Space, LLC

Class Schedule

Class Packages

Monday:

8:00- 9:00am Moderate Flow Yoga

9:15 – 10:00am Pilates

5 Class per month = \$65 per month

8 Classes per month = \$75 per month

12 Classes per month = \$85 per month

Punch Card

10 Classes = \$125

Three months to use all classes

Can be shared with people living at same address

Wednesday:

8:00 – 9:00am Yoga + Energy Healing

9:15 – 10:15am All Levels Flow Yoga

Drop in single class = \$15 each

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