

Bhava Yoga Schedule 05/04/22

9:30A

12P

5P

5:30P

5:45PM

6:00PM

7:00PM

MON

New Class
Coming
Soon

12Noon
Qi Flow
w/ Pam

Lunar Flow
w/ Jen

Yin Yoga
w/ Raquel

Yoga Hour
w/ Alex

Yin Yoga
Hour
w/ Alex

TUES

12Noon
Yoga Hour
w/Marisol

Flow&Restore
w/ Marisol

Yoga Hour
w/ Lori

Move. Love.
Meditate.
9:30AM
w/ Jen

12Noon
Qi Flow
w/ Pam

Restorative
Yoga w/
Martha

Intermediate
Yoga
w/ Franchesca

WED

THURS

9:30AM
All Levels Yoga
w/Marisol

12Noon
Yoga Hour
w/Marisol

Yoga Hour
w/ Lori

Chakra-up
Yoga
w/ Sherilyn

FRI

9:00AM
Yoga Hour
w/ Amy

12Noon Prana
Vinyasa Flow
w/ Jen

5PM
Hope-Glow-Flow
w/ Linda

All levels
Alignment
Vinyasa flow
w/ Laura

7:15 Restorative
Yin Yoga
Hour
w/ Heather

SAT

9 AM
Rise & Align
w/ Fateesha

11-12:15PM
Ashtanga
w/ Pam & Marisol

SUN

10:30
Level-Up
Yoga Hour
w/ Claudia

5:00PM
Yoga Hour
w/ Marisol

Purple
Outline
Virtual

Yoga for Strength

30Min

Monday
5PM
w/ Marisol

Wednesday
6:30PM
w/ Linda

Kids Yoga Classes

12-1:15PM Sat
Kids Yoga
w/ Linda

4:15-5:15PM
Teen/Tween
Yoga Hour
w/ Linda

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