

New Student Promo
3 Classes/\$30 Good for 30 days
Plus Introductory Discounts
at All 3 IYI Stores

Yoga Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 a.m.	Morning Yoga**		Morning Yoga**				
9:15 a.m.	Level I	Level I/II 😊 Community Class	Level I	Level I	Level I	Level II	
9:30 a.m.					Prenatal Yoga		
10:00 a.m.				Gentle Yoga			
10:15 a.m.	Level II	Level I	Level II	Level II	Level I	Level I	Level II
10:30 a.m.	Prenatal Yoga						Prenatal Yoga
11:15 a.m.	Level I	Advanced***	Level I/II	Level I	Level II	Level II	Level I
12:15 p.m.	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Level I Open Meditation	Level II
12:30 p.m.	Postpartum Yoga▲						
1:15 p.m.	Level I	Level I/II	Level I	Level I/II	Level I	Level I/II H.I.V. Yoga	Free Introductory Class***
2:15 p.m.	Level I	Level I	Level I/II	Level I	Level I	Level I Gentle Yoga	Level I
2:30 p.m.			Yoga for the Unemployed♦				
3:15 p.m.	Gentle Yoga	Level I	Level I	Level I/II	Level I	Level I	Level II
4:00 p.m.			Level II				
4:15 p.m.	Level I	Level II H.I.V. Yoga	Level I	Level II	Advanced	Level II	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I	Advanced***	Level I		Level I	Restorative Yoga Level I
5:30 p.m.			Evening Yoga*	Deep Relaxation♥	Level I		
6:00 p.m.	Level I	Level I/II Prenatal Yoga	Level I/II		Level I/II Gentle Yoga		
6:15 p.m.	Advanced	Advanced	Advanced 😊 Community Class	Level I/II	Level II	Level I 😊 Community Class	Level I
6:30 p.m.	Level I/II	Level I	Level I	Restorative Yoga			
6:45 p.m.			Prenatal Yoga	Yoga for Veterans❖			
7:15 p.m.	Level I	Level I/II	Level I/II	Level II	Level I		
7:45 p.m.	Open Meditation Yoga for Veterans❖	Open Meditation	Open Meditation	Open Meditation			

Most classes are 1 hour and 30 minutes ♥45-minute class/\$10

*45-minute class/\$13 **1-hour class/\$15 ***1-hour and 45-minute class

▲ Birth to 8 months/\$17 (please preregister); 1-hour and 15-minute class

❖ Free with proof of service 😊 Community class/\$5 ♦ 1-hour class/Free