

2018 Winter

YOGA Class Schedule

Beginners* All Levels** Intermediate***



862 S State Road 135 Suite I, Greenwood IN 46143
317-882-TREE

www.studioyouyoga.com

MONDAY

9:00 – 10:15am Slow Flow**
4:15 – 5:15pm Gentle Flow *
6:15 – 7:15pm HOTTT Yoga***
7:30 – 8:30pm Vinyasa**

TUESDAY

5:30 – 6:30am Modified Ashtanga**
8:00 – 9:00am Barre Sculpt**
9:00 – 10:15am Slow Flow**
10:30 – 11:45am Gentle Flow w/ Essential Oils*
6:00 – 7:00pm HOTTT Yoga***
7:15 – 8:15pm Yoga Basics LEVEL I*

WEDNESDAY

5:30 – 6:30am Faith & Flow**
9:00 – 10:15am Slow Flow**
10:30 – 11:45am Prenatal Yoga *
12:00 – 12:45pm Lunch Hour EXPRESS Yoga**
6:00 – 7:00pm Candlelight Flow**
7:15 – 8:30pm Relaxation Yoga w/ Essential Oils*

THURSDAY

5:30 – 6:30am Sunrise Flow**
8:00 – 9:00am Barre Sculpt**
9:00 – 10:15am Slow Flow**
6:00 – 7:00pm HOTTT Yoga***
7:15 – 8:30pm Yin Yoga w/ Essential Oils*

FRIDAY

9:00 – 10:15am Slow Flow**
6:15 – 7:30pm Flow & Restore**

SATURDAY

8:00 – 9:00am Barre Sculpt**
8:00 – 9:00am Slow Flow**
9:15 – 10:30am Slow Flow**
9:30 – 10:30am Warm Yin Yoga w/ Essential Oils*
11:00 – 12:00pm Yoga Basics LEVEL II*

SUNDAY (All Sunday Classes are \$5 Drop-in)

9:00 – 10:15am Rise & Shine**
10:30 – 11:45am Yoga & Meditation*
3:30 – 4:30pm Slow Flow**
4:45 – 5:45pm Holy Yoga**
5:00 – 6:00pm HOTTT Yoga ***

BUSINESS HOURS

Monday 9am – 8pm Friday 9am – 12p
Tuesday 9am – 8pm Saturday 9am – 1pm
Wednesday 9am – 8pm Sunday 9am – 5pm
Thursday 9am – 8pm

INTRODUCTORY YOGA

2 Weeks Unlimited \$29
(New Students Only)

UNLIMITED YOGA

(Monthly Automatic Renewal)
\$80 per month for 12 months
\$85 per month for 6 months
\$90 per month for 3 months

CLASS PACKAGES

5/10/20 classes \$70/\$135/\$220

PRENATAL CLASS PACKAGES

5/10 classes \$65/\$100

PRIVATE YOGA SESSIONS

(Private sessions are 1 hour)
1 Session \$60
4 Sessions \$225
8 Sessions \$420

RAINDROP TECHNIQUE

60 minutes \$80

REIKI SESSIONS

30 minutes \$25 / 60 minutes \$45

THAI YOGA SESSIONS

60 minutes \$75 / 90 minutes \$90