

Vibrant Life Studio Class Schedule

Monday	9:30a	Hatha Flow
Tuesday	9:30a	Stretch & Restore
Tuesday	7p	Yoga Strength
Wednesday	8a	Morning Yoga
Wednesday	6p	Hatha Flow
Thursday	9:30a	Hatha Flow
Thursday	6p	Stretch & Restore
Friday	9:30a	Yoga Basics
Saturday	10a	Yoga Flow
Sunday	10a	Yoga Sculpt
Sunday	8p	Restorative Yoga

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