

Yoga4Love



Class Schedule

Summer 2010 Midlothian and Red Oak

	am	pm
Monday	9:15a-10:45 a Restoration and Relaxation Yoga- Hatha <i>Seniors, Beginner, Injury Recovery &amp; All Levels</i> Superkicks Karate	
Tuesday	9:15a-10:30 a Abs and Glutes- Vinyasa Flow Yoga <i>Beginner, Intermediate, Experienced</i> Superkicks Karate	6:45p- 8:00p Energizing Yoga- Vinyasa Flow <i>Intermediate, Mixed Level to Experienced</i> Anytime Fitness next door to Superkicks
Wednesday	9:15a-10:45 a Strength Building Core Yoga- Hatha/ Vinyasa ( <i>First &amp; Third weeks only</i> ) <i>Intermediate, Mixed Level to Experienced</i> Superkicks Karate	6:30p- 8:00p Fun Fit and Flex Yoga- Vinyasa Flow Red Oak Dance Xpressions Next 5 week session begins 6/16
Thursday	12:00p – 1:15p Abs and Glutes- Vinyasa Flow Yoga <i>Beginner, All levels</i> Dynamic Fitness Red Oak 6/17- 8/19	7:45p - 9:00p Stress Relief Yoga- Hatha/ Vinyasa Flow <i>Beginner, All Levels</i>
Friday		
Saturdays	8:30a- 9:45a Energizing Yoga- Vinyasa <i>Beginner, All levels</i> Superkicks Karate	<b>July 3</b> 9:00- 9:45 Playful Yoga for Families at Superkicks Karate 10:30- 11:45 Outdoor Yoga by the Creek for Independence & Freedom- Ovilla RSVP

Expanding our horizons ...

yoga4love@yahoo.com

214.532.0776

Inspiring positive change

www.yoga4love.net