

MONDAY & WEDNESDAY

8:30-9:40 am Classic / Fundamentals Whitney
 9:30-10:45 am Restorative Paola
 10:00-11:15 am Swing / Fundamentals Sara
 11:30-12:30 pm Strengthen / Flow Sara
 3:30-4:40 pm Restorative Paola
 4:30-5:40 pm Classic / Fundamentals Jill
 4:30-5:40 pm Kids Yoga (ages 5-11ish) Heather
 5:30-6:45 pm Strengthen / Flow Chemen
 6:00-7:10 pm Classic / Fundamentals Rob
 6:00-7:15 pm (Wed) Meditation / Philosophy Chris
 6:30-7:45 pm (Mon) Swing / Fundamentals Jill
 7:00-8:15 pm Restorative Heather
 7:30-8:45 pm Classic / Fundamentals Rob

FRIDAY

8:30-9:40 am Classic / Fundamentals Whitney
 9:30-10:45 am Restorative Paola
 10:00-11:15 am Swing / Fundamentals Sara
 11:30-12:30 pm Strengthen / Flow Sara
 3:30-4:40 pm Classic / Fundamentals Heather
 4:30-5:40 pm Restorative Paola
 5:30-6:45 pm Strengthen / Flow Heather
 6:00-7:00 pm Meditation / Nidra / Relax Paola

SATURDAY

9:00-10:15 am Restorative Julianna
 9:30-10:40 am Strengthen / Flow Heather
 10:30-11:40 am Classic / Fundamentals Chemen
 11:00-12:10 pm Restorative Heather
 1:00-3:30 pm Workshop **Please sign-up in advance*
 10:00-11:00 am Aveda Clearwater 28272 US 19 N

TUESDAY & THURSDAY

7:30-8:40 am Strengthen / Flow Chemen
 9:00-10:15 am Restorative Chemen
 9:30-10:45 am Classic / Fundamentals Alissa
 10:30-11:45 am Strengthen / Flow Christi
 12:00-1:00pm Classic / Fundamentals Alissa
 3:30-4:40 pm Classic / Fundamentals Paola
 4:00-5:00 pm Kids Yoga (ages 5-11ish) Heather
 4:00-5:00 pm Restorative Julianna
 5:10-6:10 pm Strengthen / Flow Heather
 6:00-7:15 pm Restorative Julianna
 6:30-7:45 pm Swing / Fundamentals Heather
 7:00-8:00 pm Classic / Fundamentals Jill
 7:30-8:45 pm Meditation / Restore & Sound Paola

SUNDAY

9:00-10:00 am Restorative Heather
 9:30-10:30 am Strengthen / Flow Chemen
 10:30-11:30 am Meditation / Awakening Heather
 11:00-12:00 pm Restorative Chemen
 11:40-12:40 pm Classic / Fundamentals Christi
 1:00-3:30 pm Workshop **Please sign-up in advance*
 4:00-5:00 pm Meditation / Restore & Sound Heather

PRICING

1 Class: \$14 • 5 Class Pass: \$55 • 10 Class Pass: \$100
 \$10 - Single Class (17 and under, Veterans)
 \$50 - 10 Classes (17 and under, Veterans)
There is no expiration on class passes.

Unlimited passes include weekend workshops

\$99 - Two Person Unlimited Monthly (Auto-Debit)
 \$65 - Unlimited Monthly (Auto-Debit)
 \$75 - Unlimited Single Month

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2842 Dr. Martin Luther King Jr. St. N., St Petersburg, FL 33704 *(located above Rollin' Oats Market)*