

WEEKLY CLASSES

M T W TH F S SU

6:30A			●				
8:30A	●		●		●		
9:00A		●		●		●	●
11:00A						○	○
2:45P							●
4:00P	○	●	●	●	●		
4:30P							○
5:45P	●	●	●	●			
7:30P			○	○			

- LEVEL 1 | BEGINNER: LEARN THE FUNDAMENTALS
- GENTLE | GO SLOW & TAKE IT EASY
- YIN | DROP INTO A SLOW, STRETCHY, MEDITATIVE STATE
- RESTORATIVE | RELEASE STRESS, RELAX FULLY
- YOGA NIDRA | FULL BODY GUIDED RELAXATION + MEDITATION
- YOGA FOR ATHLETES | TARGETED STRETCH FOR ATHLETES
- LEVEL 1-2 | BEG/INT: BUILD ON THE BASICS, MOVE + MEDITATE
- FLOW | FLOW CONTINUOUSLY, SWEAT, BREATHE + MUSIC
- LEVEL 2 | INTERMEDIATE: CHALLENGE STRENGTH + STAMINA
- WARM FLOW | SLOW, CONTINUOUS MOVEMENT + MUSIC
- LEVEL 2-3 | INT/ADV: BIG POSES, EXPERIENCE NEEDED



REVOLVER YOGA

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