

SERENITY STUDIO

Beginner Yoga Weekly Schedule

DAY	TIME	CLASS TYPE
Monday	08:00 – 09:15	Foundations Flow with Sarah J.
Tuesday	17:30 – 18:30	Gentle Hatha with Michael Chen
Wednesday	07:00 – 08:00	Morning Breathwork with Elena R.
Thursday	18:00 – 19:15	Alignment Basics with David V.
Friday	09:00 – 10:00	Restorative Intro with Sarah J.
Saturday	10:30 – 11:45	Community Flow Rotating Staff

Please arrive 10 minutes early. Mats and props provided.

www.serenityyogastudio.com | [@serenityyoga](https://www.instagram.com/serenityyoga)