

SERENE FLOW YOGA STUDIO

Weekly Practice Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|--|--|
| 07:00 AM Sunrise Hatha Elena R. | 07:00 AM Power Flow Marcus T. | 07:00 AM Sunrise Hatha Elena R. | 07:00 AM Ashtanga Intro Sarah J. | 07:00 AM Vinyasa Flow Marcus T. | 09:00 AM Weekend Detox Chloe W. | 10:00 AM Slow Zen Elena R. |
| 12:00 PM Lunch Express David L. | | 12:00 PM Lunch Express David L. | | 12:00 PM Core Blast Sarah J. | 11:30 AM Prenatal Yoga Maya S. | 04:00 PM Restorative Chloe W. |
| 06:00 PM Vinyasa II Sarah J. | 06:30 PM Yin Yoga Elena R. | 06:00 PM Vinyasa II Sarah J. | 06:30 PM Meditation David L. | 05:30 PM Candlelight Flow Marcus T. | | |

www.sereneflowyoga.com | 123 Wellness Way, Studio City | @sereneflow