WorldsYoga FREMONT STUDIO

Labor Day Weekend Schedule

All Onsite Classes Can Be Attended Remotely Online Via Zoom

	FRI 8/29	SAT 8/30	SUN 8/31	MON 9/1
AM	Gentle Yoga 9 - 10:10am		✸ VinyasaFlow (Themed) 9 - 10:15am	Gentle Yoga 9:15 - 10:15am
AM		Gentle Yoga / Prenatal 10:30 - 11:45am	Yin Yoga 9 - 10:15am	
AM		✸ Vinyasa Moderate 10:45 - 12pm		
Noon				✸ Power Yoga 12-1pm
Evening	✸ Vinyasa Moderate (Themed) 6 - 7pm			

✸Heated