WorldsYoga FREMONT

Christmas Week Schedule

Saturday, Dec 21st – Friday, Dec 27th

Please see our live schedule online for the latest updates ***fremont.worldsyoga.com/schedule***

	SAT 12/21	SUN 12/22	MON 12/23	TUE 12/24	WED 12/25	THUR 12/26	FRI 12/27
Early AM	PPY EXP 8 - 9am	YTT Free Community Vinyasa-Stong 8 - 9am					
AM	Hatha-Moderate 9 - 10:15am	Yin Yoga 9 - 10:30am	Hatha-Gentle 9 -10:15am	Hatha-Moderate 9 -10:15am		Hatha-Moderate 9 -10:15am	Hatha-Gentle 9 -10:10am
	Mat Pilates 9:30- 10:30am						
	Gentle Yoga / Prenatal 10:30 - 11:45am						
	Kids Yoga 10:45 - 11:45am	Vinyasa-Gentle 10:45 - 12pm					
Noon	YTT Free Community Vinyasa-Gentle 12 - 1:15pm			Hatha-Gentle 12 - 1:15pm			YTT Free Community Vinyasa-Moderate 12 - 1pm
Evening			Vinyasa-Gentle 4:30 - 5:45pm				
			Yin Yoga Infant Series 6 - 7:15pm			Tone & Stretch 6 - 7pm	
			Gentle Yoga / Prenatal 7:15 - 8:30pm			Hatha-Align 6:20 - 7:20pm	
			Vinyasa Fusion 7:40 - 8:55pm			Vinyasa-Moderate 7:40 - 8:55pm	

Holiday Special

10% Discount*

On all class passes

From Dec 1, 2019

Through Jan 20, 2020

*Can not be combined with any other Specials or Promotions

Indicates classes heated up to 80 degrees

Indicates classes heated up to 90 degrees

WorldsYoga FREMONT

New Year Week Schedule

Saturday, Dec 28th – Friday, Jan 3rd

Please see our live schedule online for the latest updates ***fremont.worldsyoga.com/schedule***

	SAT 12/28	SUN 12/29	MON 12/30	TUE 12/31	WED 1/1	THUR 1/2	FRI 1/3
Early AM	PPY EXP 8 - 9am	YTT Free Community Vinyasa-Stong 8 - 9am					
AM	Hatha-Moderate 9 - 10:15am	Yin Yoga 9 - 10:30am	Hatha-Gentle 9 -10:15am	Hatha-Moderate 9 -10:15am	Hatha-Gentle 9 -10:10am	Hatha-Moderate 9 -10:15am	Hatha-Gentle 9 -10:10am
	Mat Pilates 9:30- 10:30am						
	Gentle Yoga / Prenatal 10:30 - 11:45am	Vinyasa-Gentle 10:45 - 12pm				Yin Yoga 10:30 -11:45am	
Noon	YTT Free Community Vinyasa-Gentle 12 - 1:15pm			Hatha-Gentle 12 - 1:15pm			YTT Free Community Vinyasa-Moderate 12 - 1pm
Evening			Vinyasa-Gentle 4:30 - 5:45pm				
			Yin Yoga Spine Series 6 - 7:15pm			Tone & Stretch 6 - 7pm	
			Gentle Yoga / Prenatal 7:15 - 8:30pm			Hatha-Align 6:20 - 7:20pm	Free Community Kundalini Evening Sadhana 7 - 8:30pm
			Vinyasa Fusion 7:40 - 8:55pm			Vinyasa-Moderate 7:40 - 8:55pm	

Holiday Special

10% Discount*

On all class passes

From Dec 1, 2019

Through Jan 20, 2020

*Can not be combined with any other Specials or Promotions

Indicates classes heated up to 80 degrees

Indicates classes heated up to 90 degrees