# URBAN ZEN YOGA STUDIO

| day/time | 6:30 AM | 9:30 AM | NOON | 5:30 PM |
|---|---|---|---|---|
| ***Monday*** | VF<br>CARRIE | GF<br>LYNE | PH<br>CARLY *C | HHH<br>Melisa *C |
| ***Tuesday*** | | | PH<br>JILL *C | HHH<br>MELISA *C |
| ***Wednesday*** | VF<br>CARRIE | GF<br>LYNE *C | PH<br>CARLY *C | HHH<br>Karry *C |
| ***Thursday*** | | | PH<br>JILL *C | |
| ***Friday*** | VF<br>CARRIE | | PH<br>DAVID*C | |
| ***Saturday*** | | VF (11:05AM)<br>CARRIE *C | | |
| ***Sunday*** | | | DS<br>URBAN ZEN STAFF | |

DS- Deep Stretch PH-Power Hour *C- childcare available!
VF- Vinyasa Flow HHH-Hot Hatha Hour GF- Gentle Flow

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