

CLASSES SCHEDULE

MONDAY

6:30a-7:30a	\$5 Flow	Mackenzie
8:15a-9:15a	Gentle Backcare \$9	Lacy
9:30a-10:45a	Basics	Arjuna
11:30a-12:45p	Gentle	Bekah
12:30p-1:30p	Lunchtime Flow \$9	Emily
1:00p-2:00p	Stretch \$9	Marcy
3:30p-4:10p	Kids (ages 4-7)	Giselle
4:00p-5:00p	Basics \$9	Rose
4:15p-5:00p	Kids (ages 8-12)	Giselle
5:15p-6:15p	Core Yoga	Rose
6:30p-7:45p	Gentle	Susan R
6:45p-7:45p	Vinyasa Flow	Courtney
8:00p-9:00p	Stretch	Courtney

TUESDAY

6:30a-7:30a	\$5 Flow	Erin
9:00a-10:15a	Vinyasa Flow	Darby
11:30a-12:45p	Gentle	Kellie
12:30p-1:30p	Lunchtime Flow \$9	Darby
1:00-2:00p	Yin	Bekah
4:00p-5:00p	Slow Flow \$9	Heather
5:30p-6:45p	Basics	Nicole
5:45p-6:45p	Belly Dance	Jennie
7:00p-8:00p	Sculpt	Nicole

WEDNESDAY

6:30a-7:30a	\$5 Flow	Codi
9:30a-10:45a	Basics	Sommer
11:00a-12:00p	Pre/Post-Natal \$9	Nicole
11:30a-12:45p	Gentle	Karen
12:30p-1:30p	Lunchtime Flow \$9	Nicole
1:00p-2:00p	Stretch \$9	Marcy
3:30-4:30p	Heated Flow	Bekah
4:00p-5:00p	Yoga & Sound \$9	Karen
5:15p-6:30p	Restorative	Bekah
6:30p-7:45p	Gentle	Susan R
6:45p-8:00p	Mixed Level	Rose
8:00p-9:15p	Vinyasa Flow	Courtney

THURSDAY

6:30a-7:30a	\$5 Flow	Erin
9:00a-10:15a	Vinyasa Flow	Darby
11:30a-12:45p	Gentle	Kellie
12:30p-1:30p	Lunchtime Flow \$9	Darby
1:00-2:00p	Yin	Heather
4:00p-5:00p	Slow Flow \$9	Heather
5:30p-6:45p	Basics	Nicole
7:00p-8:00p	Sculpt	Codi

FIRST TIME STUDENTS: Enjoy Unlimited Classes!
2 WEEKS FOR \$40 or 1 MONTH for \$80
 Local residents only
 No further discounts apply, non-transferable.

PRICES

\$18 Single Class
\$9 Community Class
\$150 Monthly Unlimited
\$75 5 class series*
\$130 10 class series*
\$220 20 class series*
\$300 30 class series*
\$10 Kids 12 & under
<i>Auto-Pay, \$115 a mo. with 6 month contract</i>

All Class Series & Single Classes expire 2 years from date of purchase excluding unlimited packages. All classes are non-refundable & non-transferable.

Gift Certificates available!

FIRST TIME STUDENTS: UNLIMITED CLASSES: 2 WEEKS for \$40 or 1 MONTH for \$80
 Local residents only
 No further discounts apply, non-transferable.

FRIDAY

8:15a-9:15a	Gentle Backcare \$9	Lacy
9:00a-10:00a	Pre/Post Natal \$9	Erin
9:30a-10:45a	Basics	Julia
11:30a-12:45p	Gentle	Susan R
12:30p-1:30p	Lunchtime Flow \$9	Courtney
1:00p-2:00p	Stretch \$9	Jennie
3:30-4:30p	Heated Flow \$9	Darby
4:00p-5:00p	Basics \$9	Jennie
5:30p-6:45p	Chandra (Moon) Flow	Bekah
6:00p-7:15p	Mixed Level	Jenny
7:00p-8:15p	Restorative	Bekah

SATURDAY

8:00a-9:15a	Intermediate	Arjuna
9:30a-11:00a	Mixed Level	Arjuna
9:45a-11:00a	Yoga Stretch	Nicole
11:15a-12:15p	Pre/Post Natal \$9	Kim
11:30a-12:45p	Yoga Ball Therapy	Rose
2:30p-3:45p	Vinyasa Flow	Sommer
4:00p-5:15p	Yoga & Sound	Karen

SUNDAY

9:45a-11:00a	Slow Flow	Arielle
10:00a-11:30a	Gentle	Susan Q
11:45a-1:00p	Vinyasa Flow	Darby
3:00p-4:15p	Yoga Sculpt	Marcy
4:30p-5:45p	Stretch	Marcy
6:00p-6:45p	Guided Meditation \$9	Sandy

CLASS SUMMARY

See full class descriptions at YogaBlend.com

Classes with an asterisk* are suitable for those new to yoga. Classes in **RED** are **not** recommended for beginners.

STRENGTH, AGILITY, CORE

- Basics*
- Vinyasa Flow*
- \$5 Flow*
- Belly Dance*
- Yoga & Sound*
- Core Yoga
- Lunchtime Flow
- Sculpt
- Yoga Sculpt
- Yoga 101*
- Heated Flow
- Mixed Level
- Intermediate



RELAXATION & HEALING

These classes are appropriate for everyone, especially if you're new to yoga, or dealing with injury/chronic pain

- Gentle
- Gentle Back Care
- Yoga Stretch
- Guided Meditation
- Yoga & Meditation
- Slow Flow
- Restorative
- Yoga Ball Therapy



PREGNANCY & FAMILY

- Pre/Post Natal
- Any Gentle class
- Any Stretch class
- Any Restorative class
- Any Meditation class
- Chandra Flow^
- Kids Yoga
- Yoga Ball Therapy
- ^Great for fertility



1921 W. Magnolia Blvd
 Burbank, CA 91506
 818.954.YOGA (9642)
www.yogablend.com

