

WEEKLY CLASS SCHEDULE

May/June Schedule



MONDAY

6pm Power Vinyasa

TUESDAY

9:30am Morning Flow*

6pm Mobility & Movement

WEDNESDAY

10am Chair/Beginner Yoga*

6pm Vin & Yin (1.5 hr)

THURSDAY

9:30am Morning Flow*

5:30pm Yoga for Every Body*

FRIDAY

11am Gentle Yoga*

SUNDAY

9:30am Mixed-Level Flow

* = beginner-friendly class

We also offer workshops, pop-up classes, aerial yoga, and other events each month!
Follow us on social media for the latest updates:

[@salamanderyogastudio](https://www.instagram.com/salamanderyogastudio)

Walk-Ins
Welcome!

Visit our website at [salamanderyoga.com](https://www.salamanderyoga.com) for class descriptions, pricing, and to sign-up online.

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