

# WEEKLY CLASS SCHEDULE

## Spring 2023



### MONDAY

**6pm** Hot Yoga

### TUESDAY

**9:30am** Vinyasa Morning Flow

**5:30pm** Power Vinyasa

**7:00pm** Evening Flow

### WEDNESDAY

**10am** Chair/Beginner Yoga

**6pm** Mobility Flow

**7:30pm** Candlelit Yin Yoga

### THURSDAY

**9:30am** Vinyasa Morning Flow

**5:30pm** Beginner/Level 1 Flow

**7pm** Evolve & Explore

### FRIDAY

**11am** Gentle Flow

### SATURDAY

**9:30am** Yoga for Every Body

### SUNDAY

**9:30am** Mixed-Level Flow

**6pm** Slow Stretch & Restore

We also offer workshops, special classes,  
and 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://salamanderyoga.com) for class descriptions,  
pricing, and to sign-up online.

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