



Current Schedule

(305) 597-1565

www.pranoga.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|----------------------------------------|------------------------------------------------------------|--------------------------------------------|
| 9:00 am - 10:00 am Beginner Vinyasa | 9:00 am - 10:00 am Hatha - All Levels | 9:00 am - 10:00 am Beginner Hatha | 9:00 am - 10:00 am Vinyasa - All Levels | 9:00 am - 10:00 am Beginner Vinyasa | 8:00 am - 9:30 am Pranayama Class or Satsang (FREE)* | |
| | | | | | 9:30 am - 11:00 am Hatha Yoga | 9:30 am - 10:45 am Vinyasa - All Levels |
| | 5:00 pm - 5:45 pm Kids Yoga (Ages 6-10) | | | | | |
| 6:00 pm - 7:15 pm Hatha Core Strength | 6:00 pm - 7:00 pm Beginner Vinyasa | 6:00 pm - 7:15 pm Vinyasa Core Strength | 6:00 pm - 7:00 pm Beginner Vinyasa | | | |
| 7:30 pm - 8:30 pm Beginner Hatha | 7:15 pm - 8:30 pm Hatha Yoga | 7:30 pm - 8:30 pm Beginner Vinyasa | 7:15 pm - 8:30 pm Hatha Flow | | | |

* One Saturday is free **Satsang** (Meditation + Kirtan / Chanting + Short Talk), and the other Saturday is **Pranayama Class**. Check online schedule for details.

† En Español

*** **FIRST MONTH SPECIAL \$39** ***