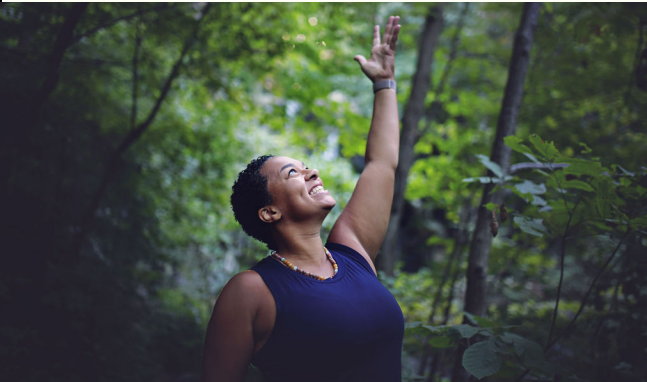





Virtual Class Schedule

Effective 4 January

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
7:15a Strength & Stretch (40 mins) 10:15a Gentle Flow (60 mins)	10:15a Mindful Movement (60 mins) 7:30p Gentle Yoga and Guided Meditation (60 mins)	7:15a Gentle Flow (40 mins) 10:15a Flow Yoga (60 mins)
<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:15a Strength & Stretch (60 mins) 7:30p Gentle Yoga and Guided Meditation (60 mins)	7:15a Mindful Movement (40 mins) 	7:15a Beginner Yoga (60 mins)  Additional pop-up classes are offered on Zoom or FaceBook Live each week!

For questions or to register, please contact Larisa@StrongByNatureWellness.com

Classes are
held on Zoom
in ET