

New Classes at Native Yoga

Beginning Monday, January 4th, 2010 - May, 2010

Monday 12:00pm Native class!! (90 min)
& 4:30pm Native Hour (60 min)

Wednesday 4:30 Native Hour (60 min)

Thursday 4:30 Yin yoga (60 min)
& 6pm Native (90 min)

Friday 4:30pm Improv (90 min)

All new vinyasa flow with creative sequencing set to music!! Come check it out!!

Brochures with new schedule and class descriptions available at front desk!

