

# Sky's The Limit Yoga Co

WEEKLY IN STUDIO SCHEDULE 11/28/22

## MONDAY

**6:15A** Flow 30min  
**7:15A** Flow 60min  
**12P** Flow 60min  
**5:30P** Buti 60min  
**2nd & 4th 5:45P** Roll &  
Stretch 45min\*\*  
**7P** 50/50 Power/Yin 75min\*

## TUESDAY

**5:30A** Flow 45min  
**6:30A** Yoga For Athletes  
60min  
**9:30A** Flow 60min  
**12P** Flow 60min  
**5:15P** Flow 60min  
**1st & 3rd 5:15P** Prenatal  
60min  
**6:45P** Restorative 60min

## WEDNESDAY

**6A** Slow Flow 60min  
**7:15A** Flow 60min  
**12P** Flow 30min\*  
**4P** Slow Flow 60min  
**5:30P** Flow 60min  
**5:30P** Kid's Yoga 60min  
**7P** Power For EveryBODY  
60min

## THURSDAY

**5:30A** Flow Express 45min  
**6:30A** Flow 60min  
**9:30A** Flow 60min  
**12P** Flow 60min  
**5:15P** Slow Flow 60min  
**6:45P** Flow 60min\*  
**7P** Mobility 45min

## FRIDAY

**6A** Power For EveryBODY 60min  
**8A** Flow 60min  
**12P** Flow 60min  
**4:15P** Flow Express 45min\*  
**5:30P** Flow Down Get Down  
60min  
**7P** Yin 60min \*\*

## SAT/SUN

### Saturday

**8A** Power For EveryBODY 60min  
**9:30A** Flow 60min  
**9:30A** Kid's Yoga 60min  
**2nd & 4th 10:45A** Yoga For  
Athletes 60min

### Sunday

**8:30A** Hakuna Matata Flow 60min\*  
**10:15A** Flow 60min  
**5:30P** Restorative 60min\*  
**6:35P** Meditation 15min

**115 W 25th Street Suite A NFK 23517**

\*in person + virtual

\*\*starting in January