



# YOGA

## MON

9:30am Beginner

12:00pm Chair Yoga

6:00pm YIN Yoga

## TUES

9:30am Hatha Yoga

## WED

9:30am Deep Stretch

## THURS

9:30am Gentle Yoga

12:00pm YIN Yoga

## FRI

9:30am YIN Yoga

12:00pm Chair Yoga

## SAT

8 week KIDS Yoga

## SUN

2pm Yoga for Warrior  
Wellness

# MAY 2021

[WWW.QUITEASTRETCHYOGA.COM](http://WWW.QUITEASTRETCHYOGA.COM)