



# LIFT YOGA + BODY DUNWOODY

1705 MT VERNON ROAD | DUNWOODY, GA 30338

  = HEATED CLASS

\*refer to website for temperatures

LENGTH OF CLASSES VARY. GO TO [WWW.LIFTYOGASTUDIO.COM](http://WWW.LIFTYOGASTUDIO.COM) FOR THE LATEST SCHEDULE.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00			hot power w/ jessica				
8:30				warm vinyasa w/ freya			yin yoga w/ erin
9:00		hot power w/ shannon	vinyasa flow w/ rachel		hot power w/ jody	coming soon	
10:00	coming soon						hot power w/ erin
10:30		yin yoga w/ octavia	warm yin w/ douglas		warm vinyasa w/ tommasina	align + restore w/ gina	
12:00	vinyasa flow w/ scarlett	yoga basics w/ octavia	hot power w/ douglas	vinyasa flow w/ scarlett	vinyasa flow w/ rachel	vinyasa flow w/ erica	align + restore w/ gina (starting nov 14)
3:00	vin to yin w/ octavia					yoga sculpt w/ danielle	
4:30		coming soon		yoga basics w/ gina	aligned flow w/ erica	warm vinyasa w/ reg	
6:00		hot power w/ scarlett	vinyasa flow w/ priscila	warm vinyasa w/ tommasina	warm vinyasa w/ reg	gentle yoga w/ erin	
7:30			warm yin w/ priscila	yin yoga w/ tommasina			