



# LIFT YOGA + BODY DUNWOODY

1705 MT VERNON ROAD | DUNWOODY, GA 30338

= HEATED CLASS

\*refer to website for temperatures

PREREGISTRATION REQUIRED FOR ALL CLASSES.

PLEASE CANCEL CLASS AT LEAST 2 HOURS PRIOR TO ALLOW TIME FOR US TO CONTACT THE WAITLIST.

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/ michelle (starting Nov 16)		hot power w/ jessica		hot power w/ michelle (starting Nov 20)	
8:30				warm vinyasa w/ freya			yin yoga w/ erin
9:00		hot power w/ shannon	vinyasa flow w/ michelle		hot power w/ jody		
10:00	hot power (starting Nov 15)						hot power w/ erin
10:30		warm yin w/ octavia	warm yin w/ douglas		warm vinyasa w/ alice	align + restore w/ gina	
12:00	vinyasa flow w/ scarlett	vinyasa flow w/ octavia	hot power w/ douglas	vinyasa flow w/ scarlett	yoga basics w/ alice	vinyasa flow w/ erica	vinyasa flow (starting Nov 21)
3:00						yoga sculpt w/ danielle	
4:30	vinyasa + yin w/ octavia			yoga basics w/ octavia	aligned flow w/ erica	warm vinyasa w/ reg	
5:00		<i>coming soon</i>	warm yin w/ priscila		warm vinyasa w/ reg		
6:00		hot power w/ scarlett				gentle yoga w/ erin	
6:15				warm vinyasa w/ shannon			
6:30			vinyasa flow w/ priscila		hot power w/ natalie		