



LIFT YOGA + BODY JOHNS CREEK

11705 JONES BRIDGE RD SUITE A104 | JOHNS CREEK, GA 30005

GO TO WWW.LIFTYOGASTUDIO.COM FOR THE LATEST SCHEDULE.
PLEASE CANCEL CLASS AT LEAST 2 HOURS PRIOR TO AVOID LATE CANCELLATION FEES.

= HEATED CLASS
*refer to website for temperatures

START TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00			hot vinyasa w/ mari	hot power w/ holly		hot vinyasa w/ sonya	
9:00	all levels flow w/ marnie	hot vinyasa w/ jumin	warm slow flow w/ sonya			all levels flow w/ sonya	hot vinyasa w/ jumin
9:30	hot vinyasa w/ ashley	all levels flow w/ marnie	yoga + pilates w/ mari	warm vinyasa w/ alex	all levels flow w/ jumin	hot vinyasa w/ stephanie	all levels flow w/ stephanie
10:30				yoga foundations w/ sonya			
11:00					muscle melt w/ sonya	meditation w/ mary	yin yoga w/ constance
12:00		all levels flow w/ erica	all levels flow w/ megan	mindful flow w/ marnie	all levels flow w/ erica		mindful flow w/ brittney (starting June 11)
4:30			kids yoga w/ cathi	all levels flow w/ holly	kids yoga w/ ariel	all levels flow w/ gail	
5:00							
6:00	gentle + restorative w/ sonya	qigong w/ gillian	flow + release w/ sonya	all levels flow w/ mari	hot vinyasa w/ jessica		
6:30		hot power w/ lori	hot vinyasa w/ jessica	warm slow flow w/ sonya	gentle + restorative w/ mary		
7:00			candlelight yin w/ constance				

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