

# SPRING \* SCHEDULE

## YOGA WITH HANS



### MONDAY

10 - 11 CREATIVE BLEND  
11 - 12 FLOW & RESTORE

### TUESDAY

6 - 6:45 SUNRISE PRACTICE  
10 - 11 FLOW & RESTORE

### WEDNESDAY

6 - 6:45 SUNRISE PRACTICE

### THURSDAY

6 - 6:45 SUNRISE PRACTICE  
10 - 11 CREATIVE BLEND  
11 - 12 FLOW & RESTORE

### FRIDAY

6 - 6:45 SUNRISE PRACTICE  
10 - 11 CREATIVE BLEND  
11:15 - 12 RESTORATIVE