

AUGUST SCHEDULE FOR THE RIVER STUDIO

MONDAY

9:30-10:45AM	Yoga Prana Flow with Lily	River Studio
11:00- 4:30PM	<i>Chiropractic with Petra</i>	Front Studio
5- 6 PM	Pilates Mat with Marisa	River Studio

TUESDAY

8:15-9:30AM	Align Yoga with Julie	River Studio
4:30- 6PM	Yin Yoga with Wendy	River Studio

WEDNESDAY

8:15- 9:30AM	Yoga Prana Flow w/ Kim	River Studio
6:15- 7:15 PM	Teen&Family Yoga with David	River Studio

THURSDAY

8:15-9:30AM	Align Yoga with Julie	River Studio
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FRIDAY

9 -12 PM	<i>Chiropractic with Petra</i>	Front Studio
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SATURDAY

9:00-10:15AM	Community Yoga – donation	River Studio
1 st Sat.7:45-8:45	Meditation & Pranayama w/ Sue**	River Studio

All Yoga Classes are \$10

****First Saturdays of the month join Sue for Meditation Class****

Visit our website for updates, class descriptions and more information about our offerings

www.mancosriverstudio.com