

MONDAY		TUESDAY		WEDNESDAY	
12:30 - 13:30	FLOWSOFT <i>Blanche</i>	10:00 - 11:00	FLOWMIX <i>Pauline</i>	10:00 - 11:00	FLOWSOFT <i>Pauline</i>
18:00 - 19:00	FLOWMIX <i>Pauline</i>	15:00 - 16:00	GENTLE FLOW <i>Marisa</i>	18:15 - 19:15	FLOWSOFT <i>Megan</i>
		18:30 - 19:30	FLOWSOFT <i>Marisa</i>	19:30 - 20:30	GENTLE FLOW <i>Megan</i>
THURSDAY		FRIDAY		SATURDAY	
10:00 - 11:00	GENTLE FLOW <i>Blanche</i>	08:00 - 09:00	FLOWSOFT <i>Blanche</i>	18:00 - 19:00	GENTLE FLOW <i>Megan</i>
18:00 - 19:00	FLOWMIX <i>Pauline</i>	15:00 - 16:00	BACK TO BASICS <i>Marisa</i>		
19:30 - 20:30	BACK TO BASICS <i>Megan</i>	17:30 - 18:30	GENTLE FLOW <i>Megan</i>		
SUNDAY					
09:00 - 10:00	FLOWSOFT <i>Pauline</i>				
17:30 - 18:30	BACK TO BASICS <i>Megan</i>				

♥ **GOOD TO KNOW**

— LEVELS

FLOWSOFT ALL LEVELS
FLOWMIX INTERMEDIATE

BACK TO BASICS ALL LEVELS
GENTLE FLOW ALL LEVELS

— DON'T BE LATE

Nothing worse than arriving and being speed. This moment is yours!
Come to the studio **15 minutes** before the class begins.

— CANCELLATION

In case of an insufficient number of students (less than 3), the course is likely to be canceled within two hours before the beginning of the class.

— GOOD VIBES ONLY

Benevolence, respect and positive energy are the basis of your YUJ YOGA STUDIO experience. Think of others and respect the place.

RESERVATION REQUIRED