

Inner Bliss Studio

www.innerblissstudio.com

(832) 610-5564

Yoga Class Schedule

To sign up for a class, please call or text (832) 610-5564. Classes may be canceled due to low enrollment/ weather/ emergency situation. You will always be notified if you sign up in advance. Teachers are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00 am Yin/ Meditation	9:30-10:30 am Yoga for Healthy Back		9:30-10:30 am Yoga for Healthy Back		9:00-10:00 am Yin/ Meditation
			12:00-1:00 pm Yin/ Meditation		12:00-1:00 pm Yin/ Meditation	
	5:30- 6:15 pm Yoga for Teens and Pre-Teens		5:30- 6:15 pm Yoga for Teens and Pre-Teens		5:30- 6:15 pm Yoga for Teens and Pre-Teens	
	6:30-7:30 pm Restorative Yoga		7:00-8:00 pm Restorative Yoga		6:30-7:30 pm Restorative Yoga	