

Inner Bliss Studio

www.innerblissstudio.com

(832) 610-5564

Yoga Class Schedule

Prior Registration Required for all classes. Please call or text (832) 610-5564 to register.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00 am Relax & Restore Yin/ Meditation	9:30-10:30 am Yoga for Healthy Spine		9:30-10:30 am Yoga for Healthy Spine		9:00-10:00 am Relax & Restore Yin/ Meditation
			12:00-1:00 pm Relax & Restore Yin/ Meditation		12:00-1:00 pm Relax & Restore Yin/ Meditation	
	6:30-7:30 pm Relax & Restore Yin/ Meditation		6:30-7:30 pm Relax & Restore Yin/ Meditation		6:30-7:30 pm Relax & Restore Yin/ Meditation	