

Note: Schedule subject to change. Please go to www.KOYogaFit.com for up-to-date schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM				6:15 - 7:15 am All-Level Vinyasa			
7:00 AM							
8:00 AM							
9:00 AM	8:45 - 9:45 am All-Level Vinyasa		8:45 - 9:45 am Yoga Workout		8:45 - 9:45 am Yoga Workout		8:30 - 9:30 am Prenatal Flow
10:00 AM							
11:00 AM							10:30 - 12:30 pm Flow-GA First Sunday of the Month, Starting in February
12:00 PM		12:15 - 1:15 pm Yoga Workout	12:00 - 1:00 pm Restorative	12:15 - 1:15 pm Yoga Workout	12:00 - 1:00 pm Body Burn Bootcamp		
1:00 PM							1:00 - 2:00 pm All-Level Vinyasa
2:00 PM		1:30 - 2:30 pm Restorative		1:30 - 2:30 pm Restorative			
3:00 PM	2:30 - 3:30 pm All-Level Vinyasa						
Evening Class (40 mins)							
5:30 PM	5:30 - 6:10 pm Yoga Workout		5:30 - 6:10 pm Yoga Workout				

Updated 9/26/2018

All-Level Vinyasa	Breath to movement power flow for yogis of all-levels. Tailored to your needs!
Yoga Workout	Fun music and weights incorporated into yoga flow/postures
Restorative Yoga	Yin/gentle yoga supported with props to create harmony within the body and mind
Prenatal Flow	All trimesters welcome! Mix of stretch, strength, breath and connection.
Adult & Toddler Yoga	Playful class with one adult per toddler, ages 2-5 years old (Toddler is Free!).
Flow-Ga	1 hour All-Level Vinyasa flow followed by 1 hour floral design workshop. Must sign-up in advance.
Body Burn Bootcamp	Circuit-based training workout that begins and ends with yoga. No shoes, bring towel and water.
Kickboxing	Punch, Kick, Core! Use Punching bags for full body workout.

Drop In

\$5 for first class
\$14 for single class

Package Deals

5 pack \$65
10 pack \$120
20 pack \$200

Flow-Ga: \$40*

*Class Packages and Monthly Memberships may not be used towards monthly Flow-Ga events.

Monthly AutoPay

1st Month - \$60

Regular - \$99

Private Lesson

\$60 for private session with Kristin