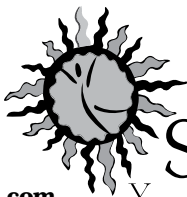


# Yoga Drop-in

Class times may change.  
Verify times on our website.

[www.innersunyogastudio.com](http://www.innersunyogastudio.com)

920-651-1279



# Inner Sun

Yoga Studio, LLC  
and Wellness Center

## Monday

8:30-9:45 am Hatha Flow  
12:10-1:10 pm Vinyasa  
4:15-5:30 pm Inner Sun Flow  
6:00-7:00 pm Hot Hatha Detox

## Tuesday

9:30-10:30 am Kripalu Hatha Flow  
12:10-1:10 pm Restorative Flow  
4:15-5:00 pm Fire Up Strength & Stability  
5:15-6:15 pm Vinyasa  
6:30-7:30 pm Restorative Flow

## Wednesday

8:30-9:45 am Dharma Mittra Hatha Flow  
12:10-1:10 pm Vinyasa  
4:15-5:30 pm Vinyasa  
6:00-7:15 pm Hatha

## Thursday

6-6:50 am Sacred Sunrise  
8:30-9:15 am Fire Up Strength & Stability  
9:30-10:30 am Hatha  
12:10-1:10 pm Restorative  
5:15-6:30 pm Dharma Mittra Hatha Flow

## Friday

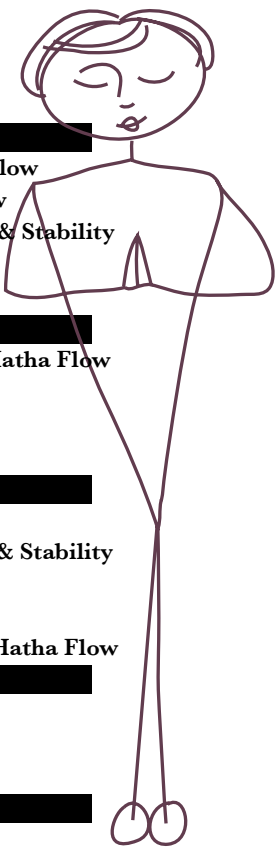
8:30-10:00 am Inner Sun Flow  
12:10-1:10 pm FIRE UP  
4:15-5:15 pm Harmony Flow

## Saturday

8:30-9:15 am – Yin  
9:30-10:45 am Vinyasa  
4:15-5:15 pm Vinyasa – begins 1/14

## Sunday

9:00-10:15 am All Levels - Instructor's Choice  
4:15-5:15 pm Vinyasa



Classes are for all levels. However, our classes do vary in pace, intensity and heat so adjustments are demonstrated for beginners and experienced students. You are encouraged to listen to your body and practice to your needs on any given day. If you are completely new to yoga please contact us and we can recommend a good class for you to start with according to your specific needs.