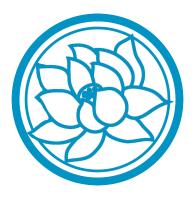
Synergy Yoga Schedule of Classes At-A-Glance



MONDAY	10 AM 6 PM	Fundamental Grateful Flow (Mixed level, family-friendly)
TUESDAY	7:30 AM 5:30 PM 7 PM	Morning Vinyasa (45 minute class) Gentle Yoga Yoga Barre
WEDNESDAY	6 PM	Fundamental
THURSDAY	10 AM 6 PM	Balance Core Strengthening
FRIDAY	3 PM	Relax and Restore (VIRTUAL ONLY)
SATURDAY	9 AM 10 AM	Vinyasa Flow/Surya Namaskar Fundamental
SUNDAY	Schedule var 4:30 PM TBA	ies. Low Down Stretch Yin

More classes are offered on a pop-up basis, or as limited series classes on a seasonal basis, so you must check the website/app for class availability.