

# Class Schedule

## September

Mon	9 – 10:15 am (All levels)	Power Flow, Amy
	6 – 7:15 pm (All levels)	Power Flow, Lauren
	7:30 – 8:45 pm (All levels)	Power Flow, deAnna & Steven
Tue	9 – 10:15 am (All levels)	Power Flow, Robbie
	5:30 – 6:45 pm (All levels)	Power Flow, deAnna
	7 – 8:15 pm (All levels)	Power Flow, Amy
Wed	9 – 10:15 am (All levels)	Power Flow, Laura
	4:30 – 5:30 pm	Tweens & Moms, Taylor*
	6 – 7:15 pm (All levels)	Power Flow, Robbie
	7:30 – 8:45 pm (All levels)	Power Flow, Laura
Thu	9 – 10:15 am (All levels)	Power Flow, Robbie
	4:15 – 5 pm (Ages 3-5)	Kids Yoga, Taylor*
	5:30 – 6:45 pm (All levels)	Power Flow, deAnna
	7 – 8:15 pm (All levels)	Power Flow, Amy
Fri	9 – 10:15 am (All levels)	Power Flow, Amy
	6 – 7:15 pm (All levels)	Power Flow, Ari & Ashlee
Sat	10 – 11:15 am (All levels)	Power Flow, deAnna
Sun	9 – 10:30 am (All levels)	Iyengar, Marj
	11 – 12:15 pm (All levels)	Power Flow, Amy

\* The Tweens and Kids Yoga classes on Wednesday and Thursday start Sept 15 and 16. To enroll, call 214.564.7772.

5014 McKinney Ave - Dallas, TX 75205 - 214.564.7772

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