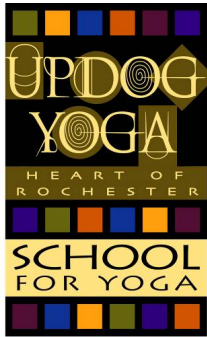


# ***FREE YOGA CLASSES!***

***Everyone Welcome!***

*Presented By The UpDog School For Yoga  
Graduating Class of Fall 2025 Yoga Teacher Trainees*



## **GRADUATION CLASS SCHEDULE - UPDOG ROCHESTER STUDIO**

***ALL CLASSES ARE FREE!***

### **SATURDAY, JANUARY 10, 2026**

1:00-2:00PM      Slow Flow with Brenna  
2:15-3:15PM      Basic with Michelle  
3:30-4:30PM      Yin with Lucy

### **SUNDAY, JANUARY 11, 2026**

1:00-2:00PM      Slow Flow with Diane  
2:30-3:30PM      Basic with Lori  
4:15-5:30PM      Ashtanga with Ashley

### **SUNDAY, JANUARY 18, 2026**

1:00-2:00PM      Slow Flow with Kasey  
2:30-3:30PM      Basic with Krystal  
4:15-5:30PM      Ashtanga with Amber

**Pre-register online at Schedule page of our website, or walk-ins are welcome:**

**<https://www.updogyoga.com/rochester-class-schedule>**



**[www.updogyoga.com](http://www.updogyoga.com)** 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
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