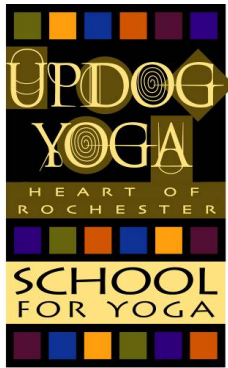


FREE YOGA CLASSES!

Everyone Welcome!

*Presented By The UpDog School For Yoga
Graduating Class of Spring 2022 Yoga Teacher Trainers*



GRADUATION CLASS SCHEDULE - ROCHESTER STUDIO

ALL CLASSES ARE FREE!

SATURDAY, JUNE 11, 2022

- 1:00-2:00PM** Slow Flow with Abbey
- 2:15-3:15PM** Yin with Kaitlin
- 3:30-4:30PM** Slow Flow with Amanda
- 4:45- 5:45PM** Vinyasa with Misty

SUNDAY, JUNE 12, 2022

- 12:30-1:30PM** Basic with Brittney
- 1:45-2:45PM** Slow Flow with Aniya
- 3:00-4:00PM** Slow Flow with Marie
- 4:15-5:30PM** Ashtanga with Lia

SUNDAY, JUNE 19, 2022

- 12:30-1:30PM** Slow Flow with Maria
- 1:45-2:45PM** Yin with Mindy
- 3:00-4:00PM** Vinyasa with Ashley
- 4:15- 5:15PM** Slow Flow with Bethany

