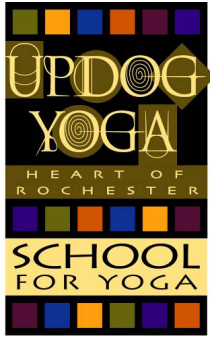


FREE YOGA CLASSES!

Everyone Welcome!

Presented By The UpDog School For Yoga
Graduating Class of Spring 2026 Yoga Teacher Trainees



GRADUATION CLASS SCHEDULE - UPDOG YOGA ROCHESTER STUDIO

ALL CLASSES ARE FREE!

SATURDAY, JUNE 6, 2026

- 1:00-2:00PM Slow Flow with Izzy
- 2:15-3:15PM Yin with Jayde
- 3:30-4:30PM Slow Flow with Maria
- 4:45-5:45PM Yin with Beth

SUNDAY, JUNE 7, 2026

- 12:30-1:30PM Basic with Kristy
- 1:45-2:45PM Slow Flow with Dayna
- 3:00-4:00PM Basic with Fabe

SATURDAY, JUNE 13, 2026

- 1:00-2:00PM Yin with Laura
- 2:15-3:15PM Vinyasa with Sarah
- 3:30-4:30PM Yin with Liz

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

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



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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