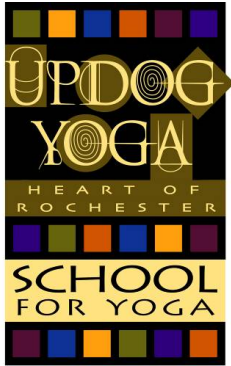


# ***FREE YOGA CLASSES!***

***Everyone Welcome!***

*Presented By The UpDog School For Yoga  
Graduating Class of Fall 2021 Yoga Teacher Trainers*



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

***ALL CLASSES ARE FREE!***

### **SATURDAY, JANUARY 8, 2022**

- 1:00-2:00PM** Vinyasa with Michelle
- 2:15-3:15PM** Basic with Gabby
- 3:30-4:30PM** Vinyasa with Allyson
- 4:45- 5:45PM** Yin with Trina

### **SUNDAY, JANUARY 9, 2022**

- 12:30-1:30PM** Basic with Charmaine
- 1:45-2:45PM** Slow Flow with Heather
- 3:00-4:00PM** Basic with Kara
- 4:15-5:30PM** Ashtanga with Dakota

### **SATURDAY, JANUARY 15, 2022**

- 1:00-2:00PM** Slow Flow with Crystal
- 2:15-3:15PM** Basic with Alea
- 3:30-4:30PM** Basic with Gina
- 4:45- 5:45PM** Slow Flow with Leslie



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