

PIES FITNESS YOGA STUDIO

SCHEDULE 2016

MONDAY

6:00am	Wake-Up Yoga	Trade Center
9:15am	Peaceful Yoga	Valley Forge
10:30am	My Body Don't Bend That Way-Basics	Trade Center
	Vinyasa	Valley Forge
5:30pm	PiYo	Trade Center
	Flow and Restore	Valley Forge
6:45pm	Hot Power Yoga	Trade Center
	Stretch & Restore Yoga	Valley Forge
7:30pm	Yin Yoga	Valley Forge
8:15pm	Zumba	Trade Center

TUESDAY

6:00am	Wake-Up Yoga	Valley Forge
9:30am	Morning Flow	Trade Center
10:45am	My Body Don't Bend That Way	Valley Forge
4:00pm	DIVA Yoga	Trade Center
5:00pm	Zumba	Trade Center
6:15pm	Body Sculpt	Trade Center
6:30pm	Vinyasa	Valley Forge
6:45pm	Stretch & Restore Yoga	Valley Forge
7:30pm	Belly Dancing	Trade Center
7:45pm	My Body Don't Bend That Way	Valley Forge
8:15pm	Kemetic Yoga	Valley Forge

WEDNESDAY

6:00am	Wake-Up Yoga	Trade Center
8:00am	My Body Don't Bend That Way	Trade Center
9:00am	Yoga en Español	Valley Forge
9:30am	Yin Yang Yoga	Trade Center
10:00am	Gentle Yoga	Valley Forge
10:15am	Yoga Pilates Fusion	Valley Forge
5:00pm	Zumba	Trade Center
6:45pm	KickYoHotAsana	Trade Center
7:30pm	Gentle Flow Restorative Fusion Yoga	Valley Forge
8:15pm	Zumba	Trade Center

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THURSDAY

6:00am	Wake-Up Yoga	Valley Forge
9:30am	Vinyasa	Valley Forge
10:30am	My Body Don't Bend That Way	Trade Center
5:30pm	Kickboxing	Trade Center
	Prenatal Yoga	Valley Forge
6:30pm	Aromatherapy Flow Yoga	Valley Forge
6:45pm	Rush Hour Yoga Retreat	Valley Forge
	Boot Camp	Trade Center
7:45pm	Vinyasa Flow	Valley Forge
8:00pm	Belly Dancing	Trade Center
	Flow and Meditation	Valley Forge

FRIDAY

6:00am	YogaFit	Trade Center
9:00am	My Body Don't Bend That Way	Trade Center
10:00am	Gentle Yoga	Valley Forge
10:30am	Vinyasa	Valley Forge
5:30pm	Happy Hour Yoga	Valley Forge
6:30pm	Zumba	Trade Center
6:45pm	Gentle Flow Restorative Fusion Yoga	Valley Forge
8:15pm	Zumba	Trade Center

SATURDAY

7:45am	Spiritual Yoga	Trade Center
8:00am	Vinyasa	Valley Forge
9:00am	Zumba	Trade Center
	Yoga en Español	Valley Forge
9:15am	Yin Yoga	Valley Forge
10:30am	Vinyasa	Valley Forge
	Kickboxing	Trade Center
12:00pm	Boot Camp	Trade Center
1:00pm	Urban Soul Line Dancing	Valley Forge
1:30pm	Hot Yoga	Trade Center
3:00pm	Kemetic Yoga	Trade Center

SUNDAY

8:30am	Vinyasa	Valley Forge
10:00am	Vinyasa	Valley Forge
	ZOCA	Trade Center
	Sunday Yoga	Valley Forge
11:30am	Restorative Flow Fusion	Valley Forge
	Belly Dancing	Trade Center
12:45pm	Capoeira	Trade Center
1:00pm	Prenatal Yoga	Valley Forge
2:15pm	Zumba	Trade Center
6:30pm	Mellow Yoga	Valley Forge