

# BLACK CAT YOGA SCHEDULE

Schedule subject to change. Please check our website for the most up-to-date class schedule and information.

## MONDAY:

10:00 - 11:00 am  
6:00 - 7:00 pm

## CLASS DESCRIPTION:

Yoga & Meditation  
Vinyasa Yoga

## TUESDAY:

10:00 - 11:00 am  
6:00 - 7:00 pm  
7:30 - 8:30 pm

## CLASS DESCRIPTION:

Good Morning Yoga  
Vinyasa Yoga  
Slow Flow

## WEDNESDAY:

10:00 - 11:15 am  
6:30 - 7:30 pm

## CLASS DESCRIPTION:

Restorative Yoga  
Yin Yoga

## THURSDAY:

10:00 - 11:00 am  
6:00 - 7:00 pm  
7:30 - 8:30 pm

## CLASS DESCRIPTION:

Good Morning Yoga  
Vinyasa Yoga  
Slow Flow

## FRIDAY:

10:00 - 11:00 am  
6:00 - 7:00 pm

## CLASS DESCRIPTION:

Yoga of Sound  
Vinyasa Yoga

## SATURDAY:

10:00 - 11:15 am

## CLASS DESCRIPTION:

Bhakti Yoga

## SUNDAY:

Closed

