

# HOBO

enjoy the journey.



# YOGA

poulsboyoga.com

## DECEMBER SCHEDULE

<b>MONDAY</b>	10:00am Flow & Flexibility	12:00pm Simply Yoga	5:00pm Strength & Balance	6:30pm Relax & Restore
<b>TUESDAY</b>	9:30am starting January 7	11:00am toddler yoga class in January	4:45pm Strength & Balance	6:00pm Essential Oils Yoga
<b>WEDNESDAY</b>	10:00am Flow & Flexibility	12:00pm Simply Yoga		
<b>THURSDAY</b>	9:30am starting January 9	11:00am toddler yoga class in January	4:45pm Strength & Balance	6:00pm Relax & Restore
<b>FRIDAY</b>	10:00am Simply Yoga	12:00pm Flow & Flexibility		
<b>SATURDAY</b>	10:00am Essential Oils Yoga		<b>SUNDAY</b> 9:00am Strength & Balance	Watch for weekend schedule changes in January.

Register online or through the MINDBODY app.

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