

## **NEW 2010 SCHEDULE DOWNTOWN**

*Yoga Vida 707* at 707 W 7<sup>th</sup> will have a new schedule effective in *January 2010*. This will have no effect on the schedule at the studio in Westlake.

### **New schedule Monday through Friday at 707:**

**6:30 am    60 minutes**

**8:00 am    60 minutes**

**Noon        60 minutes**

**5:30 pm    60 minutes**

**7:00 pm    60 minutes** (Happy hour free class on Fridays)

### **New Schedule Saturday and Sunday at 707:**

**10 am       90 minutes**

**Noon        60 minutes**

**2 pm        Noticed workshops and Sunday restorative**

**5:30        60 minutes**