

# GODA YOGA GROUP CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:20am <b>Healing Yoga</b> Rebecca	9:30 - 10:20am <b>Pilates Barre</b> Rebecca	10:30 - 11:20am <b>Healing Yoga</b> Rebecca	9:30 - 10:20 am <b>Interval-lates</b> Rebecca	9:30 - 10:20am <b>Pilates Barre</b> Rebecca	11:00 - 11:50am <b>Yoga Flow</b> Becca	<b>POP UP CLASSES TBA</b>
1:00 - 1:50pm <b>Spirit of Fitness</b> Rebecca	10:30 - 11:20am <b>Vin/Yin</b> Ann	1:00 - 1:50pm <b>Spirit of Fitness</b> Rebecca	10:30 - 11:20am <b>Healing Yoga</b> Ann	10:30 - 11:15am <b>Power Yoga</b> Rebecca	12:00 - 12:45pm <b>Balance / Strength</b> Rebecca	
5:00 - 5:50pm <b>Interval-lates</b> Rebecca	1:00 - 1:50pm <b>Spirit of Fitness</b> Rebecca	6:15 - 6:45pm <b>Core Blast</b>	1:00 - 1:50pm <b>Spirit of Fitness</b> Rebecca			
6:00 - 6:50pm <b>Power Yoga</b> Becca	7:00 - 7:50pm <b>Healing Yoga</b>	7:00 - 7:50pm <b>Healing Yoga</b>				
7:00 - 7:50pm <b>Healing Yoga</b> Becca						

*\*Pilates Reformer Special Events & Workshops are not included with Group Class Packages or 1-month unlimited pass. Prices are subject to change. Class cancellations may occur.*

*(5-Week expiration on all packages & unlimited passes)*

## Group Class Pricing

**Drop In - \$20.00**

**5 Class Pack - \$90.00 (\$18.00/class)**

**10 Class Pack - \$170.00 (\$17.00/class)**

**1 Month Unlimited - Individual \$75.00**

513.600.9149

godayogacincy.com

godayoga1@gmail.com

