



## YOGA at INFINITY FITNESS



Monday	11am	Chair Yoga
	4pm	Gentle Flow Yoga
Tuesday	11am	Chair Yoga (30 mins)
Wednesday	11am	Hatha Yoga
Thursday	6:45pm	Beginners' Yoga
Friday	8:30am	Hatha Yoga
	11am	Chair Yoga
Saturday	8:30 am	Yoga All Levels