


















PIES FITNESS YOGA STUDIO

BEGINNER & SENIOR ACCESSIBLE, ADAPTIVE, & THERAPEUTIC YOGA SCHEDULE






MONDAY

6:00am	 Wake-Up Yoga	Trade Center
9:15am	  Yoga for Optimal Wellness	Valley Forge
10:30am	 My Body Don't Bend That Way - Basics	Trade Center
	 Vinyasa	Valley Forge
	  Stretch & Restore Yoga	Valley Forge
7:30pm	 Yin Yoga	Valley Forge










TUESDAY

9:30am	 Yin Yoga	Valley Forge
9:30am	 Morning Flow	Trade Center
10:45am	  My Body Don't Bend That Way	Valley Forge
4:00pm	  DIVA Yoga	Trade Center
6:45pm	  Stretch & Restore Yoga	Valley Forge
7:45pm	 My Body Don't Bend That Way	Valley Forge

WEDNESDAY

6:00am	 Wake-Up Yoga	Trade Center
8:00am	 My Body Don't Bend That Way	Trade Center
9:00am	 Yoga en Español	Valley Forge
10:00am	 Gentle Yoga	Valley Forge
7:30pm	 Gentle Flow Restorative Fusion	Valley Forge

THURSDAY

9:30am	 Vinyasa	Valley Forge
10:30am	 My Body Don't Bend That Way	Trade Center
10:45am	 Slow Flow Vinyasa	
5:30pm	  Yoga for Optimal Wellness	Valley Forge
6:45pm	  Aromatherapy Flow Yoga	Valley Forge
6:45pm	 Rush Hour Yoga Retreat	Valley Forge
8:00PM	 Flow and Meditation	Valley Forge

 Beginner/senior friendly and accessible

 Adaptive/therapeutic: special injuries, limitations or conditions

Trade Center • 374 S Pickett St

Valley Forge • 33 S Pickett St

Alexandria, VA 22304



PiesFitnessYoga.com

703.887.9574




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PIES FITNESS YOGA STUDIO




BEGINNER & SENIOR ACCESSIBLE, ADAPTIVE, & THERAPEUTIC YOGA SCHEDULE

~ continued from reverse ~




FRIDAY

9:00am	 My Body Don't Bend That Way	Trade Center
10:00am	 Gentle Yoga	Valley Forge
10:30am	 Vinyasa	Valley Forge
5:30pm	 Gentle Flow Restorative Fusion Yoga	Valley Forge




SATURDAY

7:45am	 My Body Don't Bend That Way	Trade Center
9:00am	 Yoga en Español	Valley Forge
9:15am	 Yin Yoga	Valley Forge




SUNDAY

11:30am	 Restorative Flow Fusion Yoga	Valley Forge
1:00pm	 Prenatal Yoga	Valley Forge
6:30pm	 Mellow Yoga	Valley Forge

SECOND SATURDAY OF THE MONTH

10:15am	 Yoga Therapy for Special Needs - Adults	Valley Forge
11:00am	 Yoga Therapy for Special Needs - Age 6-12	Valley Forge
11:45am	 Yoga Therapy for Special Needs - Age 13-18	Valley Forge

SECOND SUNDAY OF THE MONTH

9:00am	 Yoga Therapy for Special Needs - Adults	Trade Center
9:45am	 Yoga Therapy for Special Needs - Age 6-12	Trade Center
10:30am	 Yoga Therapy for Special Needs - Age 13-18	Trade Center

SECOND WEDNESDAY OF THE MONTH

6:15pm	 Yoga for Special Needs Caregivers	Valley Forge
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LAST FRIDAY OF THE MONTH

7:00pm	 Yoga and Crafts	Valley Forge
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