


















# PIES FITNESS YOGA STUDIO

## SUMMER 2017 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
5:30pm	PiYo	Trade Center
	Flow & Restore Yoga	Valley Forge
6:45pm	Hot Power Yoga	Trade Center
	  Stretch & Restore Yoga	Valley Forge
7:30pm	 Yin Yoga	Valley Forge
8:15pm	Zumba	Trade Center

### TUESDAY

6:00am	Wake-up Yoga	Trade Center
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
5:00pm	Zumba	Trade Center
6:15pm	Body Sculpt	Trade Center
6:30pm	Vinyasa	Valley Forge
6:45pm	  Stretch & Restore Yoga	Valley Forge
7:30pm	Belly Dancing	Trade Center
7:45pm	 My Body Don't Bend That Way	Valley Forge
8:15pm	Kemetic Yoga	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
9:30am	Yin Yang Yoga	Trade Center
10:00am	 Gentle Yoga	Valley Forge
10:15am	Vinyasa	Valley Forge
5:00pm	Zumba	Trade Center
6:45pm	KickYoHotAsana	Trade Center
7:30pm	 Gentle Flow Restorative Fusion	Valley Forge
8:15pm	Zumba	Trade Center

 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

piesfitness@aol.com





## THURSDAY

6:00am	Wake-Up Yoga	Trade Center
9:15am	FXP Hula Hoop Fitness	Trade Center
9:30am	 Vinyasa	Valley Forge
10:30am	 My Body Don't Bend That Way	Trade Center
10:45am	 Slow Flow Vinyasa	Valley Forge
5:30pm	Kickboxing	Trade Center
	  Yoga for Optimal Wellness	Valley Forge
6:45pm	  Aromatherapy Flow Yoga	Valley Forge
6:45pm	 Rush Hour Yoga Retreat	Valley Forge
	Boot Camp	Trade Center
8:00pm	Vinyasa Flow	Valley Forge
	Belly Dancing	Trade Center
	 Flow and Meditation	Valley Forge





## FRIDAY

6:00am	YogaFit	Trade Center
9:00am	  My Body Don't Bend That Way	Trade Center
10:00am	 Gentle Yoga	Valley Forge
10:30am	 Vinyasa	Valley Forge
5:30pm	Happy Hour Yoga	Valley Forge
	  Gentle Flow Restorative Fusion Yoga	Valley Forge
6:30pm	Zumba	Trade Center

## SATURDAY

7:45am	  My Body Don't Bend That Way	Trade Center
	Blissful Yoga	Valley Forge
8:00am	Vinyasa	Valley Forge
9:00am	Zumba	Trade Center
	 Yoga en Español	Valley Forge
9:15am	 Yin Yoga	Valley Forge
10:30am	Vinyasa	Valley Forge
	Kickboxing	Trade Center
12:00pm	Boot Camp	Trade Center
1:00pm	Urban Soul Line Dancing	Valley Forge
1:30pm	Now & Zen Yoga (Heated)	Trade Center
3:00pm	Kemetic Yoga	Trade Center

## SUNDAY

8:30am	YinYasa	Valley Forge
10:00am	Vinyasa	Valley Forge
	Sunday Yoga	Valley Forge
11:30am	 Restorative Flow Fusion Yoga	Valley Forge
	Belly Dancing	Trade Center
12:45pm	Capoeira	Trade Center
1:00pm	 Prenatal Yoga	Valley Forge
2:15pm	Zumba	Trade Center
6:30pm	  Mellow Yoga	Valley Forge