

PIES FITNESS YOGA STUDIO

BEGINNER & SENIOR ACCESSIBLE, ADAPTIVE, & THERAPEUTIC YOGA SCHEDULE

MONDAY

6:00am	🌿 Wake-Up Yoga	Trade Center
10:30am	🌿 My Body Don't Bend That Way - Basics	Trade Center
	🌿 Vinyasa	Valley Forge
5:30pm	🌿 Flow & Restore Yoga	Valley Forge
6:45pm	🌸🌿 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 (30 min, \$7)	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 (\$7)	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	Valley Forge
5:30pm	🌸🌿 Yoga for Optimal Wellness	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

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~ 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	🌸🍃	Candlelight Restorative YinYang Yoga	Valley Forge

SATURDAY

7:45am	🌸🍃	My Body Don't Bend That Way	Trade Center
9:00am	🍃	Yoga en Español (\$7)	Valley Forge
9:15am	🍃	Yin Yoga	Valley Forge

SUNDAY

8:30am	🍃	Flow and Meditation	Valley Forge
10:00am	🍃	Vinyasa	
11:30am	🍃	Restorative Flow Fusion Yoga	Valley Forge
1:00pm	🍃	Prenatal Yoga	Valley Forge
6:30pm	🌸🍃	Mellow Yoga (\$7)	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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