

















PIES FITNESS YOGA STUDIO

WINTER 2018 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	Yoga Boot Camp	Trade Center
	 Flow & Restore Yoga	Valley Forge
6:30pm	Vinyasa	Valley Forge
6:45pm	Hot Power Yoga	Trade Center
	  Stretch & Restore Yoga	Valley Forge
7:45pm	 Yin Yoga	Valley Forge
8:00pm	Capoeira (75 min)	Valley Forge
8:15pm	Zumba	Trade Center

TUESDAY

9:15am	 Yin Yoga (75 min)	Valley Forge
	 Morning Flow	Trade Center
10:45am	  My Body Don't Bend That Way	Valley Forge
4:00pm	  DIVA Yoga (30 min, \$10)	Trade Center
5:00pm	Zumba	Trade Center
6:15pm	Body Sculpt	Trade Center
6:30pm	Vinyasa	Valley Forge
6:45pm	  Stretch & Restore Yoga (75 min)	Valley Forge
7:30pm	Belly Dancing (75 min)	Trade Center
7:45pm	 My Body Don't Bend That Way	Valley Forge
8:15pm	Kemetic Yoga (2 hours)	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 (\$10)	Valley Forge
10:00am	 Gentle Yoga	Valley Forge
5:00pm	Zumba	Trade Center
6:30pm	Vinyasa	Valley Forge
6:45pm	KickYoHotAsana	Trade Center
7:45pm	 Gentle Flow Restorative Fusion	Valley Forge
8:00pm	Urban Soul Line Dancing (\$10)	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










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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	Kickboxing	Trade Center
	  Yoga for Optimal Wellness	Valley Forge
	Kids Yoga	Valley Forge
6:45pm	Aromatherapy Flow Yoga	Valley Forge
6:45pm	 Rush Hour Yoga Retreat	Valley Forge
	Boot Camp	Trade Center
8:00pm	 Flow and Meditation	Valley Forge
	Capoeira (75 min)	Valley Forge
	Belly Dancing (<i>first, third, and fifth weeks only</i>)	Trade Center







FRIDAY

6:00am	YogaFit	Trade Center
9:00am	  My Body Don't Bend That Way	Trade Center
10:30am	  Yin Yoga	Valley Forge
	 Vinyasa	Valley Forge
5:30pm	Happy Hour Yoga (75 min)	Valley Forge
	  Candlelight Restorative YinYang Yoga (75 min)	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 (\$10)	Valley Forge
9:15am	Yin Yoga	Valley Forge
10:30am	Vinyasa (75 min)	Valley Forge
	Kickboxing	Trade Center
12:00pm	KickYoHotAsana	Trade Center
1:00pm	Urban Soul Line Dancing (75 min) (\$10)	Valley Forge
3:00pm	Kemetic Yoga (2 hours)	Trade Center

SUNDAY

8:30am	 Flow and Meditation (75 min)	Valley Forge
10:00am	Fire and Ice Fitness Yoga Fusion (75 min)	Trade Center
	 Vinyasa	Valley Forge
	Sunday Power Yoga (75 min, \$10)	Valley Forge
11:30am	 Restorative Flow Fusion Yoga	Valley Forge
	Sunday Belly Dancing (\$10)	Trade Center
12:45pm	Capoeira (75 min)	Trade Center
1:00pm	 Prenatal Yoga	Valley Forge
2:15pm	Zumba	Trade Center
6:30pm	  Mellow Yoga (75 min, \$10)	Valley Forge