

PIES FITNESS YOGA STUDIO

MID-SUMMER 2018 SCHEDULE

MONDAY

6:00am	Wake-Up Yoga	Trade Center
10:30am	My Body Don't Bend That Way - Basics	Trade Center
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
8:15pm	Zumba	Trade Center

TUESDAY

9:15am	Yin Yoga (75 min)	Valley Forge
10:45am	My Body Don't Bend That Way	Valley Forge
11:00am	Sensação Dance Fitness (\$10 Drop-In Only)	Trade Center
4:00pm	DIVA Yoga (30 min, \$10 Drop-In Only)	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
9:00am	Yoga en Español (Community Class)	Valley Forge
10:00am	Gentle Yoga	Valley Forge
	My Body Don't Sit On The Floor (Chair Yoga)	Trade Center
5:30pm	Sensação Dance Fitness (\$10 Drop-In Only)	Trade Center
6:30pm	Vinyasa	Valley Forge
7:00pm	KickYoHotAsana	Trade Center
7:45pm	Gentle Flow Restorative Fusion	Valley Forge
8:15pm	Urban Soul Line Dancing (75 min, Community Class)	Trade Center

Beginner/senior friendly and accessible

Adaptive/therapeutic: special injuries, limitations or conditions

For speedier check-in and notice of last-minute schedule changes we recommend booking your class in advance at <http://piesfitnessyoga.com/schedules/schedules-calendar/> or via the MindBody app for your phone or tablet.









Trade Center • 374 S Pickett St
Valley Forge • 33 S Pickett St
Alexandria, VA 22304









PiesFitnessYoga.com
703.887.9574
piesfitness@aol.com







THURSDAY

9:30am	 Vinyasa	Valley Forge
10:30am	 My Body Don't Bend That Way - Props (75 min)	Valley Forge
11:00am	Sensação Dance Fitness (\$10 Drop-In Only)	Trade Center
5:30pm	Kickboxing	Trade Center
	  YinYang 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
	Sensação Dance Fitness (\$10 Drop-In Only)	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
5:30pm	  Candlelight Restorative YinYang Yoga (75 min)	Valley Forge
	Tai Chi	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	 My Body Don't Flow So Fast (Slow Flow Vinyasa)	Valley Forge
9:00am	Zumba	Trade Center
	 Yoga en Español (Community Class)	Valley Forge
9:15am	  Yin Yoga	Valley Forge
10:30am	Vinyasa	Valley Forge
	Kickboxing	Trade Center
11:45 am	Sensação Dance Fitness (\$10 Drop-In Only)	Trade Center
12:00pm	KickYoHotAsana	Valley Forge
1:00pm	Urban Soul Line Dancing (75 min, Community Class)	Valley Forge
1:30pm	Zumba Kids & Kids Jr. (ages 4-11)	Trade Center
3:00pm	Kemetic Yoga (2 hours)	Trade Center

SUNDAY

8:45am	Turnt Up Yoga	Trade Center
10:00am	Sensação Dance Fitness (\$10 Drop-In Only)	Trade Center
	 Vinyasa	Valley Forge
	Sunday Power Yoga (75 min, \$10 Drop-In Only)	Valley Forge
11:30am	 Restorative Flow Fusion Yoga	Valley Forge
	Sunday Belly Dancing (\$10 Drop-In Only)	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 Drop-In Only)	Valley Forge

 Beginner/senior friendly and accessible

 Adaptive/therapeutic: special injuries, limitations or conditions

For speedier check-in and notice of last-minute schedule changes we recommend booking your class in advance at <http://piesfitnessyoga.com/schedules/schedules-calendar/> or via the MindBody app for your phone or tablet.

