

FREMONT ONSITE CLASSES

WEEKLY ONSITE CLASS SCHEDULE - EFFECTIVE NOV 1ST, 2023

ALL ONSITE CLASSES CAN BE ATTENDED REMOTELY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM							
AM	Gentle Yoga 9:15 - 10:15am		HathaGentle 9 - 10:10am		HathaGentle 9 - 10:10am	Vinyasa Moderate 9:30 - 10:45am	Yin Yoga 9:30 - 10:45am
						Gentle Yoga / Prenatal 10:30 - 11:45am	VinyasaGentle 10:45 - 11:45pm
Noon							
Evening	Yin Yoga (Themed) 5:30 - 6:45pm		Yin Yoga (Themed) 5:30 - 6:45pm		Vinyasa Moderate 5:45 - 6:45pm		Online Only Free YTT Community 5 - 6pm
		VinyasaGentle 6 - 7:15pm		HathaGentle 6 - 7:15pm			
	Vinyasa Moderate 6:30 - 7:30pm	Vinyasa Flow (Themed) 6:30 - 7:45pm	VinyasaGentle 6:30 - 7:45pm	Vinyasa Flow (Themed) 6:30 - 7:45pm			

Held In Green Room Held In Blue Room Heated

37353 Fremont Blvd • Fremont, CA 94536 • (510) 796-9642 • worldsyoga.com/fremont-schedule/

UNION CITY ONSITE CLASSES

WEEKLY ONSITE CLASS SCHEDULE - EFFECTIVE NOV 1ST, 2023

ALL ONSITE CLASSES CAN BE ATTENDED REMOTELY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM							
AM		Vinyasa Moderate (Themed) 9 - 10am		Vinyasa Gentle 9:15 - 10:15am		BreathFlow Moderate 9 - 10:15am	Progressive Power 9 - 10:15am
						Vinyasa Moderate 10:30 - 11:45am	Vinyasa Moderate 10:45 - 11:45am
Noon	Power 12 - 1pm			Power 12 - 1pm			
Evening	Vinyasa Moderate 5:45 - 6:45pm	Vinyasa Gentle 5:30 - 6:30pm		Gentle Yoga 5:30 - 6:30pm			
		Vinyasa Flow 6:45 - 8pm	Vinyasa Moderate 6 - 7pm	Vinyasa Flow 6:45 - 8pm	Vinyasa Gentle 6 - 7pm		
	Gentle Yoga 7 - 8pm		BreathFlow Gentle 7:30 - 8:30pm				

Heated

30981 Watkins St • Union City, CA 94587 • (510) 796-9642 • worldsyoga.com/union-city-schedule/schedule