

UNION CITY ONSITE CLASSES - JULY

WEEKLY ONSITE CLASS SCHEDULE - EFFECTIVE JULY 1ST - 31ST, 2021

	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM							
AM		Vinyasa Moderate (Themed) 9:15 - 10:30am Starts 7/6/21		Vinyasa Moderate (Themed) 9:15 - 10:30am		Vinyasa Moderate 9 - 10:15pm	Progressive Power 9 - 10:15am
						Hatha Gentle 11 - 12:15pm Starts 7/10/21	Restorative 11 - 12:15pm
Noon	Power 12 - 1pm				Power 12 - 1pm		
Evening			Vinyasa Moderate 6 - 7:15pm Starts 7/7/21				
	Vinyasa Fusion(VF) (Themed) 6:30 - 7:45pm	Vinyasa Flow 6:30 - 7:45pm		Vinyasa Flow 6:30 - 7:45pm			

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

FREMONT ONSITE CLASSES - JULY

WEEKLY ONSITE CLASS SCHEDULE - EFFECTIVE JULY 1ST - 31ST, 2021

	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM			Sunrise Flow 7:15 - 8:15am		Sunrise Flow 7:15 - 8:15am		
AM	Vinyasa Gentle 9 - 10:15am Starts 7/12/21		HathaGentle 9 - 10:10am		HathaGentle 9 - 10:10am	Ashtanga 9 - 10:30am	Yin Yoga 9:30 - 10:45am
						Gentle Yoga / Prenatal 10:30 - 11:45am	VinyasaGentle 10:45 - 12pm
Noon		HathaGentle 12 - 1:15pm					
Evening					VinyasaAllLevel 5 - 6:15pm		
	Yin Yoga (Themed) 5:30 - 6:45pm	VinyasaGentle 5:45 - 7pm	Yin Yoga (Themed) 5:30 - 6:45pm	HathaGentle 5:45 - 7pm			
		Vinyasa Fusion(VF) (Themed) 6 - 7:15pm Starts 7/6/21		Vinyasa Fusion(VF) (Themed) 6 - 7:15pm			

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