

## CHRISTMAS WEEK SCHEDULE

Saturday, Dec 21st – Friday, Dec 27th

Please see our live schedule online for the latest updates

[unioncity.worldsyoga.com/schedule](http://unioncity.worldsyoga.com/schedule)

	SAT 12/21	SUN 12/22	MON 12/23	TUE 12/24	WED 12/25	THUR 12/26	FRI 12/27
Early AM	Sunrise Flow 7:45 - 9am		Sunrise Flow 6:30- 7:30pm				
			Free Community Morning Sadhana 7:45 - 8:30am				
AM	Vinyasa-Moderate 9:30 - 10:45am	Progressive Power 9 - 10:15am	Vinyasa-Moderate 9:30 - 10:30am	VinyaRestore 9 -10am		VinyaRestore 9 -10am	Vinyasa-Moderate 9:30 - 10:30am
	YINyasa 10:45- 11:45am						
Noon	Vinyasa-Gentle 12 - 1pm		Power Yoga 12 - 1pm	Power Yoga 12 - 1pm		Power Yoga 12 - 1pm	Power Yoga 12 - 1pm
Evening		VinyaRestore 5 - 6:15pm	Vinyasa-Moderate 5 - 6:15pm				
			VinyaRestore 6:30 - 7:45pm				
			Power Yoga 8 - 9pm				

**HOLIDAY SPECIAL**  
**10% DISCOUNT\***  
ON ALL CLASS PASSES  
FROM DEC 1, 2019  
THROUGH JAN 20, 2020

\*Can not be combined with any other Specials or Promotions

Indicates classes heated up to 80 degrees

Indicates classes heated up to 90 degrees

## NEW YEAR WEEK SCHEDULE

Saturday, Dec 28th – Friday, Jan 3rd

Please see our live schedule online for the latest updates

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	SAT 12/28	SUN 12/29	MON 12/30	TUE 12/31	WED 1/1	THUR 1/2	FRI 1/3
Early AM						Sunrise Flow 6:30- 7:30pm	Sunrise Flow 6:30- 7:30pm
AM	Ashtanga 9:30 - 10:45am	Progressive Power 9 - 10:15am	Vinyasa-Moderate 9:30 - 10:30am	VinyaRestore 9 -10am		VinyaRestore 9 -10am	Vinyasa-Moderate 9:30 - 10:30am
	YINyasa 10:45- 11:45am	Restorative 11 - 12pm					
Noon	Vinyasa-Gentle 12 - 1pm		Power Yoga 12 - 1pm	Power Yoga 12 - 1pm		Power Yoga 12 - 1pm	Power Yoga 12 - 1pm
Evening						Vinyasa-Moderate 5 - 6:15pm	Vinyasa-Moderate 5 - 6pm
						Vinyasa 6:30 - 7:45pm	Candlelight Yin 6:30 - 7:45pm
						Vinyasa Flow 8 - 9:15pm	

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