



VINYASA-FLOW THEMES: JAN - MAR, 2025

MONDAYS 7-815PM FREMONT		THURSDAYS 7-815PM FREMONT		SUNDAYS 9-1015PM UNION CITY	
Date	Theme	Date	Theme	Date	Theme
		Jan 2	Ashtanga-Flow	Jan 5	Balance-Flow
Jan 6	Breath-Flow	Jan 9	Flexibility-Flow	Jan 12	Integration-Flow
Jan 13	Natrual-Flow	Jan 16	Power-Flow	Jan 19	Strength-Flow
Jan 20	Ashtanga-Flow	Jan 23	Balance-Flow	Jan 26	Breath-Flow
Jan 27	Flexibility-Flow	Jan 30	Integration-Flow	Feb 2	Natrual-Flow
Feb 3	Power-Flow	Feb 6	Strength-Flow	Feb 9	Ashtanga-Flow
Feb 10	Balance-Flow	Feb 13	Breath-Flow	Feb 16	Flexibility-Flow
Feb 17	Integration-Flow	Feb 20	Natrual-Flow	Feb 23	Power-Flow
Feb 24	Strength-Flow	Feb 27	Ashtanga-Flow	Mar 2	Balance-Flow
Mar 3	Breath-Flow	Mar 6	Flexibility-Flow	Mar 9	Integration-Flow
Mar 10	Natrual-Flow	Mar 13	Power-Flow	Mar 16	Strength-Flow
Mar 24	Ashtanga-Flow	Mar 27	Balance-Flow	Mar 30	Breath-Flow
Mar 31	Flexibility-Flow				