

VINYASA-FLOW THEMES: JAN - MAR, 2025

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