




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	03 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	04 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	05 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	06 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	07 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
08 	09 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	10 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	11 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	12 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	13 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	14 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
15	16 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	17 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	18 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	19 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	20 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	21 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
	23 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	24 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	25 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	26 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	27 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	28 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
29	30 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	31 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	<p>Welcome to the Anima Interna yoga family! We keep our class sizes small and our posture sequences user friendly for ALL levels of experience.</p> <p>Individual class drop in rate : \$15 3 Pack : \$40 5 Pack : \$70 10 Pack \$90 MONTHLY UNLIMITED PASS : \$110</p>			

