



## Monday.

**Stretch Yoga** 8:30-9:30 AM  
**Trauma Focused Yoga** 10-11AM  
**DruMeditation** 7-8pm

## Tuesday.

**Kids Yoga** 4-5pm  
**Kids Generation POUND** 5-6pm  
**Vinyasa Yoga** 6:30-7:30PM  
**POUND** 7-7:45PM  
**Samba No Pé** 7-8PM

# WEEKLY CLASSES

## Wednesday.

**Stretch Yoga** 8:30-9:30 AM  
**Power Yoga (Warm Room)** 7:30-8:30PM  
**Shuffling 101** 7:30-8:30PM

## Thursday.

**Kids Ballet** 4-5pm  
**Kids Hip Hop** 5-6pm  
**Umfundulai+** 6:30-7:45pm  
**Breathwork** 7-8pm



## Friday.

**Stretch Yoga** 8:30-9:30 AM  
**Trauma Focused Yoga** 10-11AM  
**Afrobeats** 7-8:30pm  
**Community Yoga\*** 7-8:30pm

## Saturday.

**Kids Ballet** 9-10am  
**Yoga for Beginners**  
10am-11am



CRENSHAW  
YOGA & DANCE