



BNFYoga Class Schedule



As of 7/1/2021

Monday


Gentle Flow
11AM-12PM

Take Five
 *at 5*
5-5:15 PM

Breathe, Flow, N Heal
7-8 PM

Tuesday


YinYasa
10:30-11:30

Take Five
 *at 5*
5-5:15 PM

Gentle Flow
6-7 PM

Wednesday


Yoga at Waterfront
10-11 AM

Take Five
 *at 5*
5-5:15 PM

Breathe N Flow
7-8 PM

Thursday

Lotus Flow
10-11AM

Take Five
 *at 5*
5-5:15 PM

Restore & Sound Healing
7:15-8 PM

Friday

Take Five
 *at 5*
5-5:15 PM

Kids Yoga
5-5:45 PM

Yin N Restore
6-7 PM

Saturday

Lotus Flow
10-11AM

Yoga at Waterfront
11:30-12:30

Search for Breathe N Flow Yoga in your App Store or scan the QR code to download our app!



Indicates that class will be LIVE on Instagram @BNFYoga

www.BNFYoga.com

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