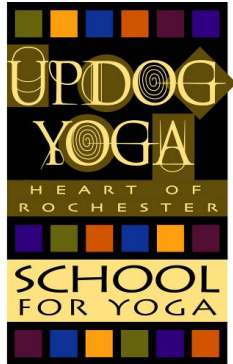


FREE YOGA CLASSES!

Everyone Welcome!

*Presented By The UpDog School For Yoga
Graduating Class of Fall 2022 Yoga Teacher Trainees*



GRADUATION CLASS SCHEDULE - UPDOG ROCHESTER STUDIO

ALL CLASSES ARE FREE!

SATURDAY, JANUARY 14, 2023

1:30-2:30PM

Slow Flow with Neha

2:45-3:45PM

Slow Flow with Marcela

SUNDAY, JANUARY 15, 2023

12:30-1:30PM

Vinyasa with Elise

1:45-2:45PM

Slow Flow with Sydney

3:00-4:00PM

Yin with Monica

4:15-5:30PM

Ashtanga with Scottie

SATURDAY, JANUARY 21, 2023

1:30-2:30PM

Vinyasa with Natasha

2:45-3:45PM

Slow Flow with Eryn

4:00-5:00PM

Yin with Melissa



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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