

True Freedom Recovery Yoga Schedule

1926 Mills Ave. Norwood OH 45212

Truefreedomyoga.com

Monday:

7:30 AM Living Yoga – Jeff

9:30 –11:00 AM Monday Movement –Andrea

6PM-7:30 PM Yin Yang Fusion-Andrea

Tuesday

7:30 AM Living Yoga-Jeff

9-10:30 AM Love Yoga-Ralph

6-7:30 PM – Flowing with Julie

Wednesday

7:30 AM Living Yoga

9:30-11:00 AM Move it with Meredith

6-7:30 PM – Restorative-Joy

Thursday

7:30-8:30 Living Yoga –Jeff

9:30-11:00 AM - Victory Yoga-Lori

6-7:30PM Beginner – Deirdre

Friday

7:30-8:30 Living Yoga – Jeff

12:00 –1:00 PM Yin-Yang-Tara

6-7:30 PM Chakra Yoga-Lori

Saturday

10:30-12:00 Hatha-Kate

Sunday

10:30 –11:30 AM Yin –Jeff/Adam

11:30-12:00 Meditation-Jeff

