



THE STUDIO
by CF&K

Class Schedule

Mon	Tues	Wed	Thu	Fri	Sat	Sun
10:00 am *Aerial Yoga* (Kimmy)	9:45 am *PilaYoga* Level 2 (Veronica)	9:30 am *Hatha Yoga* (Kimmy)	9:45 am *PilaYoga* Level 2 (Veronica)		10:00 am *Aerial Yoga* (Kimmy)	10:00am *Aerial Yoga* (Veronica)
					10:00 am *PilaYoga* Level 1 (Veronica)	
	7:00 pm *Aerial Yoga* (Kimmy)		7:00 pm *Aerial Yoga* (Kimmy)	7:30 pm * LOW Aerial Yoga* (Kimmy)	11:15 am *Aerial Yoga* (Youth/Adult) (Kimmy)	

***PRE-REGISTRATION is required to join ALL our group classes & PRIVATE YOGA**

****All first-timers must take "BEGINNER Aerial Yoga" to join our regular & advanced Aerial Yoga classes**

*****Please Contact us for more info.**

www.thestudiobycfk.com