

Sparkle YOGA



Classes are 55 Minutes

Sparkle Yoga Studio Is Located Inside Double Diamond Athletic Club

Participation in Sparkle Yoga Requires Sparkle Membership

(760) 505-0952 - jennifer@sparkleyogareno.com

Schedule Classes Online - www.sparkleyogareno.com

Sparkle Yoga Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00am		Vinyasa Flow		Vinyasa Flow			
	8:30am	Beginning Yoga	Beginning Yoga	Beginning Yoga	Beginning Yoga	Beginning Yoga	Beginning Yoga	
	9:30am			Restorative Yoga DDAC				Flow Yoga DDAC
	10:00am	Restorative Yoga			Yin Yoga			
	10:30am						Vinyasa Flow	Vinyasa Flow
	10:45am					Yoga DDAC		
	11:00am			Restorative Yoga DDAC				
	3:30pm			Kids (1-6) Coming Soon	Tween (7-12) Coming Soon			
	4:30pm	Yoga DDAC	Mellow Flow		Mellow Flow			
5:30pm	Hot Yoga		Hot Yoga					

Classes in RED "DDAC" in Group X Studio - No Reservation Required

Schedule Effective August 24th, 2020