

Sparkle YOGA



Classes are 55 Minutes

Sparkle Yoga Studio Is Located Inside Double Diamond Athletic Club

Participation in Sparkle Yoga Requires Sparkle Membership

(775) 567-8122 - jennifer@sparkleyogareno.com

Schedule Classes Online - www.sparkleyogareno.com

Sparkle Yoga Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30am	Beginning Yoga	Beginning Yoga	Beginning Yoga	Beginning Yoga	Beginning Yoga	Power Fusion	
	9:30am			Restorative Yoga DDAC				
	10:00am	Restorative Yoga	Yoga for Healthy Back	Mellow Flow	Yin Yoga	Mellow Flow		
	10:30am						Vinyasa Flow	Vinyasa Flow
	10:45am					Yoga DDAC		
	11:00am			Restorative Yoga DDAC				
	3:15pm		Tween (7-12)	Kids (1-6)	Tween (7-12)			
	4:30pm	Yoga DDAC	Mellow Flow		Mellow Flow			
	5:30pm			Hot Yoga				

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

Schedule Effective February 15, 2021