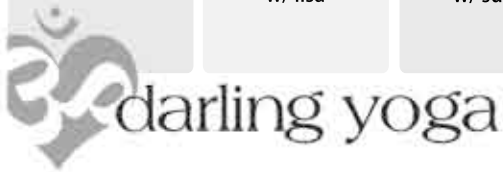


[a] = studio A [b] = studio b

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	9:30-11:00am <sup>[b]</sup> relax and restore w/ michelle		9:30-11:00am <sup>[b]</sup> relax and restore w/ michelle	9:30-11:00am <sup>[a]</sup> advanced vinyasa w/ emily	7:00-8:30am <sup>[a]</sup> deep stretch w/ kory	9:30-11:00am <sup>[a]</sup> ashtanga w/ emily or tung
9:30-11:00am <sup>[a]</sup> mixed level flow w/ emily	9:30-11:00am <sup>[a]</sup> advanced vinyasa w/ emily	9:30-11:00am <sup>[a]</sup> mixed level flow w/ staff	9:30-11:00am <sup>[a]</sup> advanced vinyasa w/ lisa	9:30-10:45am <sup>[b]</sup> yoga basics w/ ashley	9:00-10:30am <sup>[b]</sup> advanced vinyasa w/ emily	10:00-11:30am <sup>[b]</sup> yoga basics w/ victor
11:45-12:45pm <sup>[a]</sup> yoga basics w/ emily	12:00-1:30pm <sup>[a]</sup> mixed level flow w/ emily	11:45-12:45pm <sup>[a]</sup> yoga basics w/ staff	12:00-1:30pm <sup>[a]</sup> mixed level flow w/ staff	11:00-12:15pm <sup>[a]</sup> mommy and baby w/ ashley	9:30-10:45am <sup>[a]</sup> yoga basics w/ sarah	11:30-12:45pm <sup>[a]</sup> relax and restore w/ emily
5:30-6:30pm <sup>[a]</sup> yoga basics w/ susan	4:30-5:45pm <sup>[a]</sup> mixed level flow w/ lindsay		4:30-5:45pm <sup>[a]</sup> mixed level flow w/ ashley	11:45-12:45pm <sup>[b]</sup> mixed level flow w/ sumya	11:00-12:15pm <sup>[a]</sup> mixed level flow w/ emily	1:00-2:15pm <sup>[b]</sup> mommy and baby w/ ashley***
6:30-8:00pm <sup>[b]</sup> mixed level flow w/ lindsay	4:30-5:45pm <sup>[b]</sup> kid's yoga w/ joy	5:30-6:30pm <sup>[a]</sup> yoga basics w/ emily	4:30-5:45pm <sup>[b]</sup> kid's yoga w/ kimberly		11:00-12:15pm <sup>[b]</sup> kid's yoga w/ sam	2:30-4:00pm <sup>[b]</sup> pre/post natal w/ ashley
7:00-8:15pm <sup>[a]</sup> relax and restore w/ susan	6:00-7:30pm <sup>[b]</sup> pre/post natal w/ ashley	6:30-8:00pm <sup>[b]</sup> mixed level flow w/ lindsay	6:00-7:30pm <sup>[b]</sup> pre/post natal w/ emily		3:00-4:30pm <sup>[b]</sup> relax and restore w/ michelle**	4:00-5:15pm <sup>[a]</sup> mixed level flow w/ nancy
	6:30-8:00pm <sup>[a]</sup> deep stretch w/ lisa	7:00-8:15pm <sup>[a]</sup> relax and restore w/ susan	6:30-8:00pm <sup>[a]</sup> deep stretch w/ lisa	7:00-8:30pm <sup>[a]</sup> satsang w/ emily*		4:30-5:45pm <sup>[b]</sup> meditate and breathe w/ sami
				* last friday of the month	** first saturday of the month	*** last sunday of the month

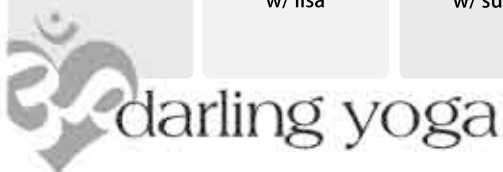


11711 College Blvd, Overland Park, KS 66211 (913) 498-1144

www.darlingyoga.com info@darlingyoga.com

[a] = studio A [b] = studio b

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	9:30-11:00am <sup>[b]</sup> relax and restore w/ michelle		9:30-11:00am <sup>[b]</sup> relax and restore w/ michelle	9:30-11:00am <sup>[a]</sup> advanced vinyasa w/ emily	7:00-8:30am <sup>[a]</sup> deep stretch w/ kory	9:30-11:00am <sup>[a]</sup> ashtanga w/ emily or tung
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