



OCTOBER 2021

Namaste Fitness Studio

fitness ● yoga ● nutrition

MONDAY

5:15am WFGT
6:45AM WFGT
8:15AM WFGT
9:45AM WFGT
11:15AM WFGT
5:30PM WFGT

TUESDAY

NAMASTE FIT YOGA:

5:30am
7:00am
9:00am

SLOW FLOW:

5:30pm

WEDNESDAY

5:15am WFGT
6:45AM WFGT
8:15AM WFGT
9:45AM WFGT
11:15AM WFGT
5:30PM WFGT

CANDLELIGHT FLOW:

7:00 pm

THURSDAY

NAMASTE FIT YOGA:

5:30am
7:00am
9:00am

VINYASA FLOW:

5:30pm

FRIDAY

5:15am WFGT
6:45AM WFGT
8:15AM WFGT
9:45AM WFGT
11:15AM WFGT

SATURDAY

NAMASTE FIT YOGA:

9:00 AM

HOLIDAYS/EVENTS

October 16th 10:30-12:00pm
Namaste Warrior Workshop (\$)
“Foundational Yoga” w/ Jackie

Oct 26th 5:00 pm
Nutrition Class
w/ Guest Speaker
(No PM Yoga)

NamasteFitnessStudio.com

info@namastefitnessstudio.com