

SUNSHINE Studio

8600 W. 159th St #11 708.873.6030 sunshineyogaandspa.com

MONDAY

8:20- 9:10am*Pilates Reformers (must register)...3 per class
9:30 - 10:45am.....Slow Flow (Lev 1-2)..... Catherine
4:00 - 5:00pmHatha Yoga (all level) Randy
5:30 - 6:30pmSlow Flow (all level) Jennifer
6:40- 7:30pm*Pilates Reformers (must register)...3 per class
7:45 - 8:45pm.....Candlelight Yoga (all level)..... Paige

TUESDAY

8:00- 8:50am*Pilates Reformers (must register)...3 per class
9:30 - 10:45am Hatha (all level) Danette
4:30 - 5:45pm Slow Flow (all level) Brenda
6:00 - 7:00pm.....HOT Yoga Kool Music (Lev 2).... .. Randy
7:00-8:00pmFitness Yoga (all level) Sarah
8:15 - 9:15pm.....Candlelight Yoga (all level) Cheryl

WEDNESDAY

9:30 - 10:45am.....HOT Slow Flow (Lev 1-2) Brenda
4:30 - 5:20pm*Pilates Reformers (must register)...3 per class
5:45 - 6:45pm.....HOT Vinyasa (Lev 2) Catherine
7:00 - 8:00pmSlow Flow (all level) Catherine

THURSDAY.

8:15-9:25am Morning Hatha (all level)..... Mary
9:30 - 10:45am Hatha (all level) Cheryl
5:00 - 6:15pm..... Vinyasa (Lev 2) Brenda
6:20- 7:10pm*Pilates Reformers (must register)...3 per class
7:10- 8:00pm*Pilates Reformers (must register)...3 per class
8:15 - 9:15pm.....Candlelight Yoga (all level).....Tana

FRIDAY

8:00- 8:50am*Pilates Reformers (must register)...3 per class
9:30 - 11am..... Hatha (Level 1-2)..... Danette

SATURDAY

8:30 - 9:45am.....HOT Vinyasa (Lev 2)..... Brenda
10:00 - 11:00amHatha (all level) Randy
11:15a - 12:15pm ...Slow Flow (all level) Catherine

SUNDAY

9:30 - 10:45am..... Slow Fun Flow (Lev 1-2)..... Sarah

YOGA RATES

Drop-In class \$16 Drop-In Senior/Student \$13

Introductory Offer: 3 classes for \$20 - 1week

CLASS PASSES (expire in 3 months)

5 pass: \$75 10 pass: \$140 20 Pass: \$230 30 Pass: \$300

10 Class Senior/Student Pass: \$105

AUTOMATIC PAY PASSES

Monthly Unlimited: \$105 (6 month minimum)

*Pilates Reformers 50min

Drop-In class: \$30 4 week session: \$100

www.orlandparkyoga.com

Please sign up for Workshops to reserve your space classes are limited.
Visit Us Online for a Complete Schedule of Classes & Workshops.