

# Sunleaps Yoga ~ Meaghan Townsend

## Class Schedule

| Sunday                       | Monday                       | Tuesday                 | Wednesday                  | Thursday                | Friday                  | Saturday                |
|------------------------------|------------------------------|-------------------------|----------------------------|-------------------------|-------------------------|-------------------------|
|                              |                              | 09:00-10:30am<br>Up Dog |                            | 09:00-10:30am<br>Up Dog | 09:00-10:15am<br>Up Dog | 09:00-10:30am<br>Up Dog |
|                              |                              |                         |                            |                         |                         |                         |
| 10:30am - 12:00 pm<br>Up Dog | 10:30am - 12:00 pm<br>Up Dog |                         | 06:00 - 07:15 pm<br>Up Dog |                         |                         |                         |
|                              | 06:00 - 07:15 pm<br>Up Dog   |                         |                            |                         |                         |                         |

[www.sunleaps.com](http://www.sunleaps.com)