



## Bliss Yoga Studio

780 Community Drive, Suite 7, North Liberty, IA

[www.bliss-yogastudio.com](http://www.bliss-yogastudio.com)

\*Check online schedule for confirmation of all classes and class descriptions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am Blissyasa Ross	7:00 am Power & Restore Samantha	6:00 am Rise & Energize Erin	7:00 am Power & Restore Samantha		8:00 am Pilates Flow Kelly
9:00 am (75 min) Prana Vinyasa® Shara	9:00 am Community Yoga Nil		9:00 am Blissful Flow Shara		9:00 am Beginner's Yoga Shara	9:00 am Blissyasa Samantha
		10:00 am Gentle Flow Natalie				
4:00 pm Beginner's Yoga Natalie	12:00 pm Blissful Flow Maria					
	6:00 pm Power & Restore Samantha	6:00 pm Blissful Flow Joe	6:00 pm Prana Vinyasa® Shara	6:00 pm Chakra Flow Samantha	6:00 pm Workshops	
7:00 pm Blissed Out Shara	7:15 pm Bliss Basics Maria	7:15 pm Blissyasa Jillian	7:15 pm Pilates Flow Kelly	7:15 pm Blissed Out Shara		