



cloud nine yoga

studio & school

CLASS SCHEDULE

MONDAY	9:00 ^{am} - 10:15 ^{am}	Yoga Unraveled - <i>Adam</i>
	10:30 ^{am} - 11:45 ^{am}	Yoga of the Heart - <i>Andrea</i>
	12:00 ^{pm} - 1:15 ^{pm}	Gentle Yoga - <i>Vicki</i>
	5:00 ^{pm} - 6:15 ^{pm}	Happy Hour Yoga - <i>Jen</i>
	6:30 ^{pm} - 7:45 ^{pm}	Cloud Nine Flow/All levels - <i>Erika</i>
	8:00 ^{pm} - 9:15 ^{pm}	Hawaiian Hula Fitness & Culture - <i>Kehau</i>

TUESDAY	9:00 ^{am} - 10:15 ^{am}	Cloud Nine Flow/All levels - <i>Adriane</i>
	10:30 ^{am} - 11:45 ^{am}	Slow Flow & Restore - <i>Lorrie</i>
	12:00 ^{pm} - 1:15 ^{pm}	Gentle Yoga - <i>Vicki</i>
	5:30 ^{pm} - 6:45 ^{pm}	Yin Yoga Meditation - <i>Erika</i>
	7:00 ^{pm} - 8:15 ^{pm}	Cloud Nine Flow/All levels - <i>Erika</i>

WEDNESDAY	7:30 ^{am} - 8:45 ^{am}	Kundalini Yoga - <i>Devi Atma Kaur</i>
	9:00 ^{am} - 10:15 ^{am}	Yoga Unraveled - <i>Adam</i>
	10:30 ^{am} - 11:45 ^{am}	Yoga of the Heart - <i>Andrea</i>
	12:00 ^{pm} - 1:15 ^{pm}	Gentle Yoga - <i>Vicki</i>
	5:00 ^{pm} - 6:15 ^{pm}	Happy Hour Yoga - <i>Jen</i>
6:30 ^{pm} - 7:45 ^{pm}	Cloud Nine Flow/All levels - <i>Adriane</i>	

THURSDAY	9:00 ^{am} - 10:15 ^{am}	Cloud Nine Flow/Intermediate - <i>Adriane</i>
	10:30 ^{am} - 11:45 ^{am}	Slow Flow & Restore - <i>Amy</i>
	12:00 ^{pm} - 1:15 ^{pm}	Gentle Yoga - <i>Vicki</i>
	1:30 ^{pm} - 2:45 ^{pm}	Connected Warriors/Military Personnel Free
	4:00 ^{pm} - 5:00 ^{pm}	Tai Chi / Intermediate - <i>Deejay</i>
	5:30 ^{pm} - 6:45 ^{pm}	Yin Yoga Meditation - <i>Erika</i>
7:00 ^{pm} - 8:15 ^{pm}	Cloud Nine Flow/All levels - <i>Erika</i>	

FRIDAY	9:00 ^{am} - 10:15 ^{am}	Yoga Unraveled - <i>Erika</i>
	10:30 ^{am} - 11:45 ^{am}	Kundalini Yoga - <i>Devi Atma Kaur</i>
	12:00 ^{pm} - 1:15 ^{pm}	Gentle Yoga - <i>Leslie</i>
	6:30 ^{pm} - 7:45 ^{pm}	Goddess Yoga - <i>Kristen</i>

SAT	9:00 ^{am} - 10:15 ^{am}	Cloud Nine Flow/All levels - <i>Adriane</i>
	10:30 ^{am} - 11:45 ^{am}	Slow Flow & Restore - <i>Lorrie</i>

SUN	9:00 ^{am} - 10:30 ^{am}	Yoga Unraveled - <i>Erika</i>
	4:00 ^{pm} - 5:30 ^{pm}	Restorative Yoga - <i>Erin</i>
	6:00 ^{pm} - 7:30 ^{pm}	Yoga for 12 Step Recovery - <i>Amy</i>

Class schedule subject to change at any time.

REFERRED BY: _____

Visit our website for more information, events, trainings and workshops:
www.cloudnineyoga.com

NEW STUDENT SPECIAL

Two (2) weeks unlimited for \$39
14 consecutive days, unlimited classes for \$39. Try them all!

DROP INS

\$16 Per Class

MEMBERSHIP

Annual membership - \$1,188
Unlimited membership with 12 month agreement - \$108
Unlimited membership with 3 month agreement - \$120
Unlimited membership with no contract - \$140

CLASS PACKAGES

Five (5) class package (\$14 a class) - \$70
Ten (10) class package (\$13 a class) - \$130
Twenty (20) class package (\$12 a class) - \$240
*valid for six months

*(Class schedule subject to change.
Class packages are non-transferable and non-refundable.)*

Cloud Nine is a registered yoga school with
Yoga Alliance since 2002.



Representing heaven on earth since 1995.

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