

Try any class free

TriYoga of Cedar Rapids

TriYoga Class Schedule

SUNDAY		
12:00 pm	All Level	Satyam
MONDAY		
4:15 pm	All Level (one hour)	Janani
5:30 pm	Basics	Janani
5:30 pm	Level 1	Satyam
7:00 pm	Free the Hips & Spine - All Level	Narayani
TUESDAY		
9:00 am	All Level	Tom
4:15 pm	Level 1-2 (one hour)	Narayani
5:30 pm	Level 1	Narayani
WEDNESDAY		
11:30 am	Basics (1 hour)	Narayani
5:30 pm	Basics	Narayani
5:30 pm	Intro to Level 2	Satyam
THURSDAY		
10:30 am	All Level	Narayani
5:40 pm	Basics	Narayani
7:00 pm	Level 3-4	Satyam
SATURDAY		
9:00 am	Basics	Narayani
9:00 am	Level 2	Satyam
10:30 am	Level 1	Narayani

Open enrollment. Start anytime; then come to any class at your level, any day, any time.

*Basics and all-level classes are suitable for beginners.
Levels 1, 2, and 3 are progressively more challenging.*

TriYoga Prices

Drop in	\$15
4-class pass (use within 90 days)	\$55
8-class pass (use within 90 days)	\$90
6-class teacher's pass	\$54
30-day unlimited	\$85
90-day unlimited	\$230
180-day unlimited	\$450
Private lesson 1 hour	\$40
Semi-private 1 hour (2 students)	\$50

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