

Kom Hot Yoga's Schedule

Download the free app MindBody Connect to your smartphone for easy access to our schedule.

www.komhotyoga.com info@komhotyoga.com 417-544-0311

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30 AM	Flow		Flow		Yin		
	Jade		Katie		Jade		
9:15 AM	Power Flow	Yin	Flow	Flow	Flow	Flow	
	Jade	Chelsea	Chelsea	Chelsea	Chelsea	Jade	
12:00 PM	Yin		Yin		Yin		
	Chelsea		Chelsea		Chelsea		
4:15 PM	Flow	Flow	Flow	Flow	3:00- Power Flow		
	Jayden	Heather	Heather	Heather	Katie		
6:00 PM	Ashtanga	Restorative Flow	\$5 Community Flow	Yin			Restorative Flow
	Jayden	Heather	Heather	Heather			Amy/Jade/Denette

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