



New students – First-time offers

2 classes for \$15
1-week unlimited: \$20
1-month unlimited: \$90

Drop-in anytime.

Located beside Canyon's Restaurant at Redmond Center
15744 Redmond Way, Redmond, 98052

Class Schedule

www.flowyogaredmond.com

monday

9:00 AM - 10:30 AM Hatha
12:00 PM - 1:00 PM Hatha
4:30 PM - 5:30 PM Basics
5:45 PM - 7:00 PM All-Levels Flow
7:15 PM - 8:15 PM All-Levels Flow

tuesday

9:00 AM - 10:00 AM Basics
12:00 PM - 1:00 PM All-Levels Flow
4:30 PM - 5:30 PM All-Levels Flow
5:45 PM - 7:00 PM All-Levels Flow
7:15 PM - 8:15 PM Gentle Yoga

wednesday

7:30 AM - 8:30 AM All-Levels Flow
9:00 AM - 10:30 AM Hatha
12:00 PM - 1:00 PM Hatha
4:30 PM - 5:30 PM Basics
5:45 PM - 7:00 PM All-Levels Flow
7:15 PM - 8:45 PM AcroYoga®

thursday

9:00 AM - 10:00 AM All-Levels Flow
12:00 PM - 1:00 PM All-Levels Flow
4:30 PM - 5:30 PM All-Levels Flow
5:45 PM - 7:00 PM All-Levels Flow
7:15 PM - 8:15 PM Basics

friday

9:00 AM - 10:00 AM All-Levels Flow
4:00 PM - 5:00 PM Kid Yoga: ages 7-11
12:00 PM - 1:00 PM All-Levels Flow
5:30 PM - 6:45 PM GYROKINESIS®

saturday

10:00 AM - 11:15 AM All-Levels Flow
11:30 AM - 12:30PM GYROKINESIS®

sunday

8:00 AM - 9:00 AM All-Levels Flow
9:30 AM - 11:00 AM All-Levels Flow

Please note rates below are for most yoga classes. There are separate rates for Kid Yoga & GYROKINESIS®.

DISCOUNTS: 15% off for Full-Time Students, School Teachers, Seniors 65+, Police & Fire Fighters and Active Duty Military. Please show ID @ studio and we'll set you up!

New Student Offers:

2 classes for \$15
1-week unlimited classes: \$20
1-month unlimited: \$90

Regular class rates:

Single class/Drop-in fee: \$17
5-class pass: \$70 (\$14/class)
10-class pass: \$130 (\$13/class)
20-class pass: \$240 (\$12/class)

If you attend 3 classes per week, these are the best deals:

1-month unlimited: \$130 (\$10.83/class)
3-month unlimited: \$350 (\$9.72/class)
6-month unlimited: \$650 (\$9.03/class)
Auto-renew*: \$99/mo (\$8.25/class)
*requires 6-month contract.

Please check website for latest updates to schedule, upcoming workshop dates and events.

for more information:

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