

Studio Soma

S P R I N G

MONDAY

12:15 pm	Nia	Crystal
5:30 pm	Nia	Aimee
6:45 - 8:00 pm	Continuum Yoga	Asiana

TUESDAY

7:00 am	Nia	Aimee
9:30 am	Zumba	Lily
12:15 pm	Hatha Yoga	Jeremy
5:30 pm	Yoga/Pilates Flow	Jessica
6:45 pm	Nia	Jessica

WEDNESDAY

12:15 pm	Nia	Jessica
5:30 pm	Nia	Crystal
Evenings	SPECIAL EVENTS (stop by the studio for more information)	

THURSDAY

7:00 am	Nia	Jessica
12:15 pm	Hatha Yoga	Jeremy
5:30 - 6:30 pm	COMMUNITY CLASSES (Coming Soon ~ donation based)	
6:45 pm	Zumba	Raquel

FRIDAY

12:15 pm	SOMA Movement Journey	Jessica
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SATURDAY

9:00 am	Nia	Crystal
10:15 - 11:30	Vinyasa Yoga	Rebecca

SUNDAY

9:00 - 10:00 am	Morning Practice	Jessica
10:15 - 11:30 am	SOMA Movement Journey	Jessica



Yvette Soler comes to Colorado! April 16th - 25th

Yvette Soler, of Eternal Light Energy, provides tools that combine spirituality with practicality to awaken dormant gifts and empower you to follow your path and fulfill your dreams. In addition to these classes, she offers private sessions. *Please visit www.eternallightenergy.com.* For more information please come by the studio for a list of scheduled events.