



14843 BURBANK BLVD. SHERMAN OAKS CA 91411

STUDIO: (818) 782-6144

www.UrbanLilyYoga.com Email: Info@UrbanLilyYoga.com

{ Blossom where you're grounded }

Please visit our website [www.UrbanLilyYoga.com](http://www.UrbanLilyYoga.com) for the most up - to - date class schedule

#### MONDAY

6:15 - 7:15 AM Rise & Energize: Yoga Blend Level 2  
7:30 - 9:00 AM Yoga Blend & Flow Level 1/2  
9:00 - 10:30 AM Vinyasa Flow Level 2/3  
10:30 - 12:00 PM Yoga Blend Level 1  
12:15 - 1:30 PM Pre & Postnatal (Babies Welcome)  
1:30 - 2:30 PM Gimme 5 Yoga Blend & Flow Level 1 (ST)  
2:30 - 4:00 PM Gentle & Therapeutics Level 1 (CC)  
4:30 - 6:00 PM Yoga Blend Level 2  
6:00 - 7:30 PM Yoga Blend Level 1  
7:30 - 9:00 PM Yoga Blend & Flow Level 2

#### TUESDAY

7:30 - 9:00 AM Vinyasa Flow Level 2/3  
9:00 - 10:30 AM Yoga Blend Level 1  
10:30 - 12:00 PM Vinyasa Flow Level 2/3  
12:30 - 1:30 PM Prenatal  
1:30 - 3:00 PM Vinyasa Flow Level 2/3  
3:30 - 4:30 PM Yoga for Kids (Ages 5 to 9)  
4:30 - 6:00 PM Classical Yoga Level 1 (CC)  
6:00 - 7:30 PM Yoga Blend Level 2  
7:30 - 9:00 PM Yoga Blend & Flow Level 1/2

#### WEDNESDAY

6:15 - 7:15 AM Rise & Energize: Yoga Blend Level 2  
7:30 - 9:00 AM Yoga Blend & Flow Level 1/2  
9:00 - 10:30 AM Vinyasa Flow Level 2/3  
10:30 - 12:00 PM Yoga Blend Level 1  
12:15 - 1:30 PM Prenatal  
1:30 - 2:30 PM Gimme 5 Yoga Blend & Flow Level 1 (ST)  
2:30 - 4:00 PM Gentle & Therapeutics Level 1 (CC)  
4:30 - 6:00 PM Yoga Blend Level 2  
6:00 - 7:30 PM Yoga Blend Level 1  
7:30 - 9:00 PM Yoga Blend & Flow Level 2

#### THURSDAY

7:30 - 9:00 AM Vinyasa Flow Level 2/3  
9:00 - 10:30 AM Yoga Blend Level 1  
10:30 - 12:00 PM Vinyasa Flow Level 2/3  
12:30 - 1:30 PM Prenatal  
1:30 - 3:00 PM Vinyasa Flow Level 2/3  
3:30 - 4:30 PM Yoga for Kids (Ages 5 to 9)  
4:30 - 6:00 PM Classical Yoga Level 1 (CC)  
6:00 - 7:30 PM Yoga Blend Level 2  
7:30 - 9:00 PM Yoga Blend & Flow Level 1/2

Legend:

(CC): Community Class

(ST): Student Teacher Class

#### FRIDAY

6:15 - 7:15 AM Rise & Energize: Yoga Blend Level 2  
7:30 - 9:00 AM Yoga Blend & Flow Level 1/2  
9:00 - 10:30 AM Vinyasa Flow Level 2/3  
10:30 - 12:00 PM Yoga Blend Level 1  
12:15 - 1:30 PM Pre & Postnatal (Babies Welcome)  
1:30 - 2:30 PM Gimme 5 Yoga Blend & Flow Level 1 (ST)  
2:30 - 4:00 PM Gentle & Therapeutics Level 1 (CC)  
4:30 - 6:00 PM Yoga Blend Level 2  
6:00 - 7:30 PM Yoga Blend Level 1

#### SATURDAY

7:30 - 9:00 AM Vinyasa Flow Level 2  
9:00 - 10:30 AM Yoga Blend & Flow Level 1/2  
10:30 - 12:00 PM Vinyasa Flow Level 2/3  
12:00 - 1:30 PM Classical Yoga Level 1/2  
3:30 - 5:00 PM Yoga Blend Level 1  
5:00 - 6:30 PM Yoga Blend Level 2

#### SUNDAY

7:30 - 9:00 AM Vinyasa Flow Level 2  
9:00 - 10:30 AM Yoga Blend & Flow Level 1/2  
10:30 - 12:00 PM Vinyasa Flow Level 2/3  
2:30 - 4:00 PM Yoga Blend Level 1  
4:00 - 5:30 PM Yoga Blend & Flow Level 2  
5:30 - 7:00 PM Restoratives: Relax & Renew

#### SINGLES:

Single Class: \$17.00

KCRW Discounted Single Class: \$14.00

Community Single Class\*: \$11.00 (Only good for community classes)

Gimme 5 "Student Teacher" Single Class: \$5.00 (CASH - Only good for Gimme 5 classes)

Yoga for Kids Single Class: \$12.00 (Only good for yoga for kids classes)

#### PACKAGES\*\*\*:

##### NEW STUDENT SPECIAL 10 Classes for \$100.00 •••

•••That's \$10.00 a class and good for any class for a full YEAR!

5 Class Package: \$75.00 (\$15.00 per class)

10 Class Package: \$140.00 (\$14.00 per class)

15 Class Package: \$195.00 (\$13.00 per class)

20 Class Package: \$240.00 (\$12.00 per class)

10 Class Community Package\*: \$100.00 •••

•••(\$10.00 per class & only good for community classes)

10 Class Yoga for Kids Package: \$100.00 •••

•••(\$10.00 per class and only good for yoga for kids classes)

#### UNLIMITED:

One Month Unlimited: \$155.00

6 Month Unlimited: \$760.00

1 Year Unlimited: \$1,150

Auto-Renew Monthly Unlimited: \$110.00\*\*

Yoga Mat Rental: \$1.00 ••• Water: Free & Filtered! ••• GO GREEN •••  
(please bring your clean canteen... We don't use paper cups in studio.)

\*(Community classes are offered at off-peak times of day at a discounted rate to all.)

\*\* (A month, two month commitment required)

\*\*\* (All class packages are non-refundable and expire 1 year from purchase)