



YOGA AND WELLNESS CENTER

www.AriaYogaSpa.com

		9:30-10:30am (60min)	12-1pm (60min)	5:30-6:30 (60min)	7-8pm (60min)
MONDAY		Power Vinyasa 105F Susan	Flow Yoga 80F Danielle	Dance Conditioning Starts April, 1st 2019 80F Ardass	Bikram Style 105F Paige
TUESDAY	6:30-7:30am (60min)	9:30-10:30am (60min)	12-1pm (60min)	6-7pm (60min)	
	Power Vinyasa 105F Danielle	Hot Barre 105F LaToria	Vinyasa 80F Danielle	Strength Hatha 105F Natalie	
WEDNESDAY		9:30-10:30am (60min)	12-1pm (60min)	5:30-6:30pm (60min)	7-8pm (60min)
		Flow Yoga 80F Laura	Flow Yoga 80F Madison	Power Vinyasa 105F Sheri	Yin Candlelight 85F Sheri
THURSDAY	6:30-7:30am (60min)	9:30-10:30am (60min)	12-1pm (60min)	6-7pm (60min)	
	Power Vinyasa 105F Danielle	Strength Hatha 105F Danielle	Vinyasa 80F Susan	Bikram Style 105F Michelle	
FRIDAY	6:30-7:30am (60min)	9:30-10:30am (60min)	12-1pm (60min)	5:30-6:30pm (60min)	
	Strength Hatha 105F Danielle	Power Vinyasa 105F Danielle	Hot Barre 105F Jennifer	Power Vinyasa 105F Michelle	
SATURDAY	9-10am (60min)	10:30-11:30PM (60min)		4:30-5:30pm (60min)	
	Power Vinyasa 105F Sheri	Hot Pilates 105F Jennifer		Yin Yang 105F Natalie	
SUNDAY	9:30-10:30am (60min)			4:30-5:30pm (60min)	
	Power Vinyasa 105F Sheri			Yin Candlelight 95F Terri	

(703)-444-2800

For a Tour of the Yoga Studio Please Go to Suite 100



Book your next visit on
our MINDBODY app

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