

Twisted Dog Yoga
15 Broadway Street, #2
Noel's Plaza
Colchester, CT 06415
twisteddogyoga@gmail.com
www.twisteddogyoga.com
860-603-2387

Schedule may change, please visit our
website for latest updates!

Monday

6:30 am - Morning Flow (Kate)
9:00 am - Yoga Barre Fusion (Sharon)
5:00 pm - Gentle Flow (Kelsey)
6:15 pm - All Levels Vinyasa (Dana)
7:30 pm - Power Vinyasa Yoga (Maddie)

Tuesday

6:30 am - Moderate Vinyasa Flow (Terri)
12:15 pm - Twisted Lunch (Maddie)
4:15 pm - Twisted Afternoon Core (Victoria)
6:00 pm - Beginner (Tony)
7:30 pm - Mixed Fit Dance & Toning (Karen)

Wednesday

5:15 pm - KIDS Beginning Yoga & Mindfulness (Anne) **starting 6/19* REGISTER TODAY!*
6:15 pm - Yoga Pilates Fusion (Sharon)
7:30 pm - Align & Unwind (Monique)

Thursday

9:00 am - Moderate Vinyasa Flow (Sharon)
4:15 pm - Twisted Afternoon (Maddie)
6:30 pm - Power Flow (Emily)
****YOGA ON THE GREEN - LAST THU OF EVERY MONTH****
9:30 am AND 8:30 pm (candlelight yoga) ~ free for monthly members / \$5 non-members

Friday

9:30 am - All Levels Yoga (Laura) ***BABYSITTING AVAILABLE***

Saturday

7:45 am - Yoga Barre Fusion (Victoria)
9:00 am - All Levels Yoga (Tony)

Sunday

8:30 am - Tai Chi (Charles)
10:00 am - Gentle Flow (Monique)
11:30 am - Adult & Teen Flow (Sarah)

Sign up and register online!
www.twisteddogyoga.com

