

Kure Beach Yoga Weekly Schedule

Mondays:

9:15 am - Vinyasa Flow Yoga

10:30 am - Stretch & Restore Yoga

6:30 pm - Gentle Yoga

Wednesdays:

9:15 am - Classical Yoga

10:30 am - Slow Flow Yoga

5:15 pm - Pre-Natal Yoga

6:30 pm - Reggae Flow Yoga

Fridays:

9:15 am - Slow Flow Yoga

10:15 am—Meditation

**classes are held at the
Kure Beach Community Center
118 N 3rd Ave**

www.KureBeachYoga.com