

the sanctuary yoga room. CLEARFORK

5808 Edwards Ranch Rd, Bldg 3
Fort Worth, TX 76109

	MON	TUE	WED	THU	FRI	SAT	SUN
6-7am	rise	rise	rise	rise	rise	flow 8-9am	flow 8-9am
9:15-10:30am	flow	flow	flow	flow	fly	flow 9:30-11am	slow 9:30-11am
11:30am-12:30pm	flow	zen	flow	zen	flow	new	flow
1-2pm	zen	slow	zen	slow	bliss		
4:30-5:30pm	slow	flow	slow	flow	cheers		bliss 3-4:15pm
6-7pm	flow	slow	flow	slow			
7:30-8:30pm	glow	glow	glow	bliss			

Schedules are subject to change. Visit www.thesanctuaryyogaroom.com for most up-to-date schedules, pricing, class descriptions and instructors.