

the sanctuary yoga room. HULEN

2735 S Hulen St
Ft. Worth, TX 76109

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30–6:30am	rise	rise	rise	rise			
8:30–9:30am	flow	flow	flow	flow	flow	flow	bliss
10–11am	slow	flow	slow	flow	slow	slow 10–11:15am	flow 10–11:15am
12–12:50pm	yoga break (every weekday)					fly 12–1pm	bliss 12–1pm
4:00–5:00pm	flow	slow	flow	slow	zen		slow
5:30–6:30pm	slow	flow	slow	flow			
7–8pm	zen	glow	zen	glow			

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