

the sanctuary yoga room. HULEN

2735 S Hulen St
Ft. Worth, TX 76109

	MON	TUE	WED	THU	FRI	SAT	SUN
8:30–9:30am	HOT flow	HOT flow	HOT flow	HOT flow	HOT flow	HOT flow	HOT zen
10–11am	HOT slow	HOT flow	HOT slow	HOT flow	HOT slow	HOT slow 10–11:15am	HOT flow 10–11:15am
4:00–5:00pm							HOT slow
5:30–6:30pm	HOT slow	HOT flow	HOT slow	HOT flow			
7–8pm	HOT zen	HOT flow	HOT zen	HOT flow			

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