

the sanctuary yoga room.

3425 West 7th Street
Fort Worth, TX 76107

	MON	TUE	WED	THU	FRI	SAT	SUN
6-7am	TRANSFORMATIONAL flow				TRANSFORMATIONAL flow		
9:15-10:15am*	TRANSFORMATIONAL flow	TRANSFORMATIONAL flow	SLOW flow	TRANSFORMATIONAL flow	TRANSFORMATIONAL flow	TRANSFORMATIONAL flow 9:15-10:30am	SLOW flow 9:15-10:30am
12pm-12:45pm	ESSENTIAL flow		ESSENTIAL flow		ESSENTIAL flow		
1-2pm		SLOW flow		SLOW flow	SLOW flow 4:30-5:30pm		RESTORATIVE bliss 4:30-5:45pm
6-7pm*	TRANSFORMATIONAL flow	SLOW flow	TRANSFORMATIONAL flow	RESTORATIVE bliss			

*These classes will be Livestreamed.

Please set up your profile on <https://www.union.fit/orgs/the-sanctuary-yoga-room> and upload your vaccine card before attending in person classes.

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