

SOMA STUDIO CLASSES

30 N. Main St. New London

SUMMER '26

MON	11:30-12:30 HEALTHY BONES & BALANCE WITH KIRSTIN 4:00-5:00 GENTLE YOGA WITH PETRA 5:30-6:45 YIN YOGA WITH PETRA
TUES	5:30-6:30 MYOFASCIAL YOGA OR LYMPH FLOW YOGA WITH KIRSTIN
WED	4:00-5:00 GENTLE YOGA WITH PETRA 5:30-6:30 STRENGTH 101 WITH ANNA
THURS	5:30-6:20 PILATES WITH CANDACE 6:30-7:30 BIG STRETCH GENTLE YOGA WITH KIRSTIN
FRI	4:00-5:00 GENTLE YOGA WITH PETRA 5:30-6:45 SUN SALUTATION PRACTICE WITH PETRA
SAT	8:00-9:00 SLOW FLOW VINYASA WITH KIRSTIN 9:30-10:30 KIDS YOGA WITH PETRA

Text 320.292.9827 to register or for questions

