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|   Yoga Schedule –  **October 2022**(B= Beginner R= Restorative P= Power F = Flow Yoga M = Meditative Yoga H = Hot Yoga Y= Yin Yoga) **M**onday :6:30 PM ~B~ Beginner Yoga \***T**uesday : 7:00 PM ~P~ Vinyasa Flow Yoga**W**ednesday :6:30 PM ~B~ Beginner Yoga \***T**hursday :7:00 PM ~P~ Vinyasa Flow Yoga**S**aturday :12:00 PM ~B~ Beginner Yoga \***S**unday:4:00 PM ~R~ Yoga for Back Pain \*6:00 PM ~H~ Vinyasa Flow Yoga \*Classes marked asterix (\*) are 90 minutes longLike us on  : **Studio 22****65 Central Ave Cleveland TN 37311****Call Or Text – 678 860 7422****~Visit us on Web ~**[**www.catch22yoga.com**](http://www.catch22yoga.com)**Follow us on Instagram : #studio\_22\_yoga****ALL classes are just $5 , drop-in no reservations necessary****\*IMPORTANT\*****COVID-19 Guidelines** 1. Thoroughly clean your hands before and after the class.
2. Avoid touching eyes, nose and mouth.
3. Make sure you, and the people around you, follow good respiratory hygiene
4. If you have a fever, cough and difficulty breathing, Stay at home and seek medical attention.
5. Bring your own mat and sanitzer spray if available.
6. There will be no physical contact between individuals present during the duration of class.
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