



MON, OCT 30 ~ SUN, DEC 17

MON	TUES	WEDS	THURS	FRI	SUN
830-930 am	930-1030 am		930-1045 am	930-1030 am	10-1130 am
Flow Diana	Basics Tia		Expansion* Tia	Basics Diana	Community 1st Sun/mon 11/5, 12/3, 1/7
430-530 pm	11-12 pm	430-530 pm	11-12 pm		
Basics Tia	Core Tia	Flow Diana	Core Diana		

Visit <https://revolutionbjj.com/yoga> for more information on class details, packages & registration.



CLASS POLICIES

1. Members & non-members, please CHECK-IN for class at front desk.
2. No late entry to class after the 5 minute mark.
3. Inform Instructor of any injuries or physical limitations before class begins.
4. Yoga mat optional to participate; props are provided.
5. Advance registration required for weekly classes.

KEY

- Basics is a beginner-friendly class; no experience necessary.
- Core and Flow classes are open to those with 6 months of experience.
- Expansion classes are open to those with 1+ yrs experience.

Props will be provided and used with all classes to aid in optimal alignment.