



FREE YOGA WEEK | SEPT 16-22

All Yoga/Pilates classes are FREE to anyone with local ID. Try a new Yoga class offering in the Athletex Yoga Studio. See September schedule for all classes! Featured classes listed below.

Mon Hot Vinyasa with Celeste 5:30pm
Start the week with a warm and energizing Vinyasa flow to awaken the body and mind. ✨

Tue Full-Moon Rooftop Yoga 7pm
Celebrate the September full moon with Cacao, Yoga, Breathwork and soundhealing on the roof. Watch the moonrise with your Tahoe community! ✨

Wed Hot Vinyasa with Holly 8am ✨

Thur Vinyasa Flow with Nicole 10:30am ✨
Pilates/Barre with Hannah 4:15pm ✨

Fri Asana HIIT with Ali 9:30am ✨
Celebrate your body with a strong workout with free weights and yogic movements to build strength, both internally and externally!

Sat Therapeutic Yoga with Nicole 10:30am ✨

Sun Ashtanga Vinyasa with Loren Lotus 9am
Slow Flow with Alyssa 6pm
Kirtan & Cacao with Vijay Krishna 7pm
Celebrate an evening of Kirtan, devotional chanting and meditative music with world-famous Vijay Krishna & friends. \$35 paid event. Come early to grab a spot!



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ATHLETEX YOGA STUDIO

Bring this flyer in for a FREE WEEK OF YOGA at Athletex Yoga Studio.
Located upstairs | inside the Athletex Life & Sport Club.
All Yoga/Pilates classes are free the week of Sept 16th with local ID.

See full schedule of classes online for all offerings.

Does not apply for Kirtan & Cacao with Vijay Krishna Sept 22

