



evolve
yoga & wellness

MONDAY

10:30am Morning Slow Flow

5:45pm Vinyasa Flow

7:00pm Sweet and Slow Vinyasa Flow

TUESDAY

10:00am Total Body Vinyasa Flow

5:45pm Fluid Flow

7:30pm Gentle Candlelight Flow

WEDNESDAY

9am Ashtanga Half Primary Series

4pm Mens Yoga

6pm Intermediate Hot Flow

7:30pm Yin Yoga

THURSDAY

9am Yoga Sculpt

10:30am Chair Yoga For Seniors

12pm Yin Yoga

6pm Fluid Flow (heated)

7:30pm Beginners Vinyasa Flow

FRIDAY

9am Evolve Vinyasa Flow

SATURDAY

8:30am Intermediate Hot Flow

10am All Levels Vinyasa Flow

SUNDAY

9am Ashtanga Half Primary Series

11am Seva Donation-Based Class

7pm Restorative Yoga

409 Pearl St.
Sioux City, IA