

*the*  
**Red Clover**<sup>tm</sup>  
wellness spa & yoga studio

---

## *Yoga Schedule*

### *Tuesday*

7:00 – 8:15 PM

Vinyasa Flow (Rebecca)

### *Wednesday*

6:30 – 7:30 PM

Yin Yoga (Reid)

### *Thursday*

6:00 – 7:00 PM

Restorative Yoga (Alex)