



Trial Pack - \$20  
 Drop -In Class - \$25  
 4 Class Pack - \$75  
 8 Class Pack - \$108  
 Monthly Unlimited - \$150

Website: nirvanagym.com  
 Phone Number: (512)-521-8173  
 Email Address: about@nirvanagym.com  
 Address: 100 West Pflugerville Parkway Suite 106

Please arrive at least 5 minutes early for set up, preliminary stretches and to fully experience Nirvana

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Nirvanic Workout with Pree	Nirvanic Workout with Pree	Nirvanic Workout with Pree	Nirvanic Workout with Pree	Nirvana Restorative Yoga with Pree		
9:30AM						Nirvana Restorative Yoga with Hana	
11:00 AM							Donation Based Vinyasa Yoga with Teresa
2:00 PM							Donation Based Mindfulness with Hana
4:15 PM	Vinyasa Yoga with Pree	Nirvanic Workout with Pree	Slow Pflow Yoga with Pree	Nirvanic Workout with Pree			
5:30 PM	Nirvanic Workout with Pree	Slow Pflow Yoga with Pree	Nirvanic Workout with Pree	Vinyasa Yoga with Katie			
6:45 PM	Nirvanic Workout with Pree	Vinyasa Yoga with Pree	Nirvanic Workout with Katie	Nirvana Restorative Yoga with Katie			
8:00 PM	Slow Pflow Yoga with Pree	Nirvanic Workout with Pree	Nirvana Restorative Yoga with Katie	Nirvanic Workout with Katie			

Class Name:	Class Descriptions:	Class Levels:	What to Bring:
Nirvanic Workout	A hybrid consisting of 30 minutes of circuit training followed by 20 minutes of yoga, and topped off with 10 minutes of meditation	All levels	Sneakers, Workout clothes, Water, Towel, Yoga Mat (optional)
Nirvana Slow Pflow Yoga	A combination of gentle and mindful movements synchronized with the breath designed to understand and incorporate a home practice	All levels	Workout clothes, Water, Towel, Yoga Mat (optional)
Nirvana Restorative Yoga	Consists of a combination of deep stretching, breathing, and relaxation designed to relieve any stress, muscle tension, or muscle pain	All levels	Workout clothes, Water, Towel, Yoga Mat (optional)
Vinyasa Yoga	Consists of a combination of various mindful movements synchronized with the breath designed to unify the body and the mind	Intermediate and Advanced levels	Workout clothes, Water, Towel, Yoga Mat (optional)
Mindfulness with Hana	Consists of stress relief exercises, including breathing exercises and various meditation techniques	All levels	Workout clothes, Water, Towel, Yoga Mat and Meditation cushion (optional)