

8650 Spicewood Springs Rd  
Austin, TX 78759  
[www.ying.yoga](http://www.ying.yoga)

# YING PILATES

Ying Yang  
512-870-7092  
[ying25@icloud.com](mailto:ying25@icloud.com)

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>10:00 AM</b> REFORMER PILATES						<b>10:00 AM</b> REFORMER PILATES
		<b>12:00 PM</b> REFORMER PILATES		<b>12:00 PM</b> REFORMER PILATES		
	<b>6:30 PM</b> REFORMER PILATES		<b>6:30 PM</b> REFORMER PILATES	<b>6:30 PM</b> REFORMER PILATES	<b>6:30 PM</b> REFORMER PILATES	

Book your class on the MINDBODY app

( Search for business name: “Ying Yoga” )

Note: Cancellations must be made 12 hrs in advance

Updated 7/6/2026