

2051 Cypress Creek Rd. Ste. G.
Cedar Park, TX 78613
www.ying.yoga



Ying Yang
512-870-7092
ying25@icloud.com

*** NOTE - Please book 6AM classes in advance (the prior evening or earlier).**

SUN	MON	TUES	WED	THUR	FRI	SAT
	* 6 AM FUSION ASHTANGA			* 6 AM FUSION ASHTANGA		
						9 AM HATHA
	12 PM HATHA	12 PM AERIAL YOGA All Levels	12 PM HATHA	12 PM HATHA	12 PM VINYASA	
	6 PM PRE-NATAL	6 PM AERIAL YOGA Fundamentals	6 PM PRIMARY ASHTANGA	6 PM LOW HAMMOCK		
	7:30 PM VINYASA	7:15 PM RESTORE & SOUND		7:15 PM SOMATIC (YIN) & SOUND	7:15 PM FLOW & FOAM ROLL (Free Class)	

Reserve your spot on the MINDBODY app

Updated Jul-16-26