

Drop in: \$16/class  
Packages available

// THE STUDIEAUX 499 7TH AVE N

Yoga, strength training, & fascia- based  
therapeutic movement

Ask about our  
Iron Yogi Fitness  
program!



YOGA

at the *studieaux*

MONDAY

Yoga With Amy 7:15pm

TUESDAY

Empower Blend 6:30pm

WEDNESDAY

Merge Restorative 12:30pm

Hatha Fleaux 6:30pm

THURSDAY

Hip Hop or 90s Power 6:30pm

FRIDAY

Slow Fleaux 7:00pm

SATURDAY

Empower Blend 9:00am

SUNDAY

Merge Restorative 10:00am



(575)323-0367

[clientcare@thestudieaux.com](mailto:clientcare@thestudieaux.com)

[www.thestudieaux.com](http://www.thestudieaux.com)

Reach out or register through Mindbody

\*YOGA MATS AVAILABLE