



# ***Florence Fitness at Bendell Karate***

Monday

7 – 8 AM



6 – 7 PM

**Group**

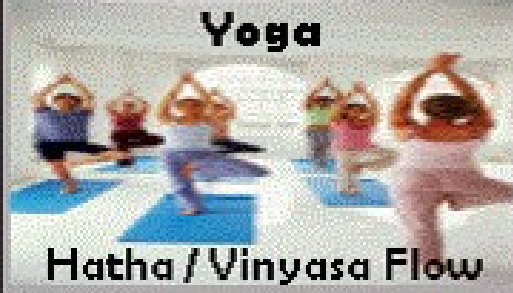


**Weight Training**

Tuesday

6 – 7 PM

**Yoga**



**Hatha / Vinyasa Flow**

Wednesday

6 – 7 PM



Thursday

6 – 7 PM

**Yoga**



**Hatha / Vinyasa Flow**

Saturday

10 – 11 AM

**Yoga**



115 East Main Street, Suite 11, Florence CO 81226, Entrance off Main and Rear, Parking in Rear off East 2<sup>nd</sup> Street