



shade  
REDONDO BEACH

# Aquadeck Yoga

**Mondays** 5:00-6:00PM &  
**Wednesdays** 8:00-9:00AM

complimentary for everyone  
mats are available (first come first served)  
private lessons available

\*weather permitting



#ShadeHotelRB

*Join us at Sea Level after class!*

For private lessons, contact Kimberly at [kshreds1@gmail.com](mailto:kshreds1@gmail.com) for pricing and to schedule.

655 North Harbor Drive, Redondo Beach, CA 90277 • [rb.shadehotel.com](http://rb.shadehotel.com) • 310.921.8940