



## APRIL SCHEDULE 2024

### MONDAY

10:00 – 11:15 FLOW FUSION  
11:30 – 12:45 GENTLE  
5:45 – 6:45 VINYASA  
7:00 – 8:15 CORE & RESTORE

### TUESDAY

9:00 – 10:15 POWER YOGA  
10:30 – 11:30 SUPER STRETCH  
4:00 – 5:15 HAPPY HIPS & BACK  
5:30 – 6:30 YOGAJUANA  
7:00 – 8:15 WARM HATHA

### WEDNESDAY

9:00 – 10:15 SLOW FLOW & SOUND  
10:30 – 11:30 WARM FLOW FUSION  
5:45 – 7:00 YOGA FOR STRESS RELIEF  
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

### THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK  
10:30 – 11:45 GENTLE  
5:30 – 6:45 GENTLE  
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

### FRIDAY

9:30 – 10:45 TGIF YOGA  
11:00 – 12:15 SUPER STRETCH  
5:15 – 6:15 VINYASA  
6:30 – 7:30 YOGAJUANA

### SATURDAY

8:30 – 9:30 HOT YOGA  
10:00 – 11:00 WARM YIN YOGA – DEEP STRETCH  
11:15 – 12:45 HATHA & FASCIA YOGA \*NEW

### SUNDAY

10:00 – 11:15 WARM FLOW FUSION  
12:00 – 1:15 YIN YOGA – DEEP STRETCH  
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE



**Twice a week!**  
**Tuesdays and Fridays**

## SPECIAL EVENTS

### Pop Up Weightless Class with Shalia

When: Sunday, April 7<sup>th</sup>  
Time: 1:45 – 3:00

Cost: Reg. class rates

Register on or after March 24<sup>th</sup>  
or at The Yoga House  
\*Space is limited

### Yoga Nidra & Sound Healing with Francesca

When: Sunday, Apr. 7<sup>th</sup>  
Time: 4:00 - 5:30 pm

Cost: \$25

### Wild Women Circle Full Moon in Sagittarius with Holly

When: Saturday, May 25<sup>rd</sup>  
Time: 1:30 - 4:00 pm

Cost: \$35

### Aerial Yoga Series with Jessica

When: Starting next month!  
See website for details.  
Space is limited,



Please pre-register online for  
classes/workshops.

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