



## DECEMBER 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 FLOW FUSION

### 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

### 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

#### Wild Women Circle New Moon Sagittarius with Holly

When: Sunday, Dec. 1<sup>st</sup>  
Time: 2:00 – 4:30  
Cost: \$35

#### Floating Sound Bath with Francesca

When: Saturday, Dec. 14th  
Time: 2:00 - 3:15 pm  
& 3:30 – 4:45  
Cost: \$25  
\*waitlist only

#### 12 Poses of Christmas Flow with Stephanie

When: Dec. 24th  
Time: 8:30 – 10:00 am  
Cost: Regular class rates  
Reservations start: Dec. 10<sup>th</sup>

#### Holiday Schedule

**CLOSED:**  
Dec. 24 & 25  
Dec. 31 (afternoon only)  
and Jan. 1

#### Lakeside Yoga with Sally

When: Jan. 1<sup>st</sup>  
New Year's Day  
When: 9:00 am  
Cost: FREE

#### Wild Women Circle New Moon Capricorn with Holly

When: Saturday, Jan. 4th  
Time: 2:00 – 4:30  
Cost: \$35

#### Yoga & Live Guitar with Ariel & Special Guest Stephen Calix

When: Sunday, Jan. 5<sup>th</sup>  
Time: 2:30 – 4:30 pm  
Cost: \$40

#### Floating Sound Bath with Francesca

When: Saturday, Jan. 25th  
Time: 2:00 - 3:15 pm  
& 3:30 – 4:45  
Cost: \$25  
\*limited space

Kenny Oneself coming in  
February and March  
2 shows! Stay tuned to register for  
A Musical Meditation Journey