



## FEBRUARY 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 HEARTFUL HATHA 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

### Beyond Happy Hips & Back with Teri & Stephanie

When: Saturday, Feb. 3<sup>rd</sup>  
 Time: 1:30 – 4:30 pm  
 Cost: \$65  
 \*Almost FULL

### The Symphony of Serenity with Kennedy Oneself

When: Saturday, Feb. 10<sup>th</sup>  
 Time: 6:00 – 7:30 pm  
 Cost: \$35  
 \*Almost FULL

### Wild Women Circle New Moon Aquarius with Holly

When: Sunday, Feb. 11<sup>th</sup>  
 Time: 1:30 - 4:00 pm  
 Cost: \$35

### Finding the Teacher Within 200HR Yoga Teacher Training

Begins March 3<sup>rd</sup>  
 Deposit: \$500  
 \*Call for more information

### Yoga Nidra & Sound Healing with Francesca

When: Sunday, Mar. 24<sup>th</sup>  
 Time: 4:30 - 5:30 pm  
 Cost: \$25



**Please pre-register online for**  
**classes/workshops.**