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|  June SCHEDULE 2020 Monday10:00 – 11:15 Flow fusion 5:45 – 6:45 Yoga shred™ Vinyasa7:00 – 8:15 cORE & rESTORE tuesdayNote: Class sizes will be limited until otherwise notified. Preregistration is required for all classes.Please respect social distancing and practice health & safety precautions.- The Yoga House Team9:00 – 10:15 gentle10:30 – 11:30 Super stretch 4:00 – 5:15 hAPPY hIPS & bACK5:30 – 6:30 vinyasa ii7:00 – 8:15 warm flow fusionwednesday9:00 – 10:15 slow flow10:30 – 11:45 deep stretch – yin yoga5:45 – 7:00 Restorative & yin blend7:15 – 8:30 candlelit relief & restorativethursday9:00 – 10:15 hAPPY HIPS & BACK 10:30 – 11:45 gentle5:30 – 6:45 gentle7:00 – 8:15 Weightless yoga (yoga trapeze) \*limit 5friday9:30 – 10:45 TGIF Yoga11:00 – 12:15 MORE CORE12:30 – 1:45 gentle5:00 – 6:15 ~~Prenatal yoga~~ temporarily SUSPENDED6:30 – 7:30 yogajuana saturday8:30 – 9:30 HOT YOGA10:00 – 11:00 deep stretch – yin yoga11:15 – 12:45 stretch & strength for every body & mindsunday10:00 – 11:15 WARM FLOW FUSION12:00 – 1:15 deep stretch – yin yoga6:00 – 7:15 candlelit relief & resorative | SPECIAL CLASSES[**Wild Women Circle - New Moon in Cancer - Rise in Love**](https://clients.mindbodyonline.com/asp/adm/adm_cs_e.asp?classID=6368) **with** [**Holly**](https://clients.mindbodyonline.com/asp/adm/adm_trn_e.asp?trnID=100000052)When: Saturday, July18thTime: 2:00 - 5:00 pmCost: $40 early bird; or $45 within the week of circle.\*Food provided**Lakeside Yoga with Kim**When: Sunday, July 12thTime: 8:30 – 9:30 am**Sound Bath Meditation with Diane**When: Sunday, July 19thTime: 5:00 – 6:00 pm***“Yoga for Everybody”*** |