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| June SCHEDULE 2020  Monday  10:00 – 11:15 Flow fusion  5:45 – 6:45 Yoga shred™ Vinyasa  7:00 – 8:15 cORE & rESTORE   tuesday  Note: 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 Team  9:00 – 10:15 gentle  10:30 – 11:30 Super stretch  4:00 – 5:15 hAPPY hIPS & bACK  5:30 – 6:30 vinyasa ii  7:00 – 8:15 warm flow fusion  wednesday  9:00 – 10:15 slow flow  10:30 – 11:45 deep stretch – yin yoga  5:45 – 7:00 Restorative & yin blend  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 yoga (yoga trapeze) \*limit 5  friday  9:30 – 10:45 TGIF Yoga  11:00 – 12:15 MORE CORE  12:30 – 1:45 gentle  5:00 – 6:15 ~~Prenatal yoga~~ temporarily SUSPENDED  6:30 – 7:30 yogajuana  saturday  8:30 – 9:30 HOT YOGA  10:00 – 11:00 deep stretch – yin yoga  11:15 – 12:45 stretch & strength for every body & mind  sunday  10:00 – 11:15 WARM FLOW FUSION  12:00 – 1:15 deep stretch – yin yoga  6:00 – 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, July18th Time: 2:00 - 5:00 pm  Cost: $40 early bird; or $45 within the week of circle.  \*Food provided  **Lakeside Yoga with Kim** When: Sunday, July 12th Time: 8:30 – 9:30 am  **Sound Bath Meditation with Diane** When: Sunday, July 19th Time: 5:00 – 6:00 pm ***“Yoga for Everybody”*** |