



JANUARY SCHEDULE 2023

MONDAY

10:00 – 11:15 FLOW FUSION
5:45 – 6:45 YOGA SHRED™ 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 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HEARTFUL HATHA YOGA

SUNDAY

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



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

New Year's Schedule

Dec. 31st 10:00 am Flow Fusion
with Teri
Dec. 31st 11:30 am Yoga Nidra
Intention Setting with Marion
Jan. 1st 10:00 am FREE Lakeside
Yoga with Diane
(Weather permitting)
***All other classes cancelled**

Extra Weightless Aerial Class with Erica

Saturday, January 14th
Time: 2:00 – 3:30 pm
*Regular class rates apply

Yoga 101 – The Basics For Beginners with Marion

Sunday, January 22nd
Time: 2:00 – 4:00 pm
Cost: \$99 includes ONE MONTH
UNLIMITED YOGA

Finding the Teacher Within 200HR Yoga Teacher Training Information Session

Sunday, January 29th 4:30 pm
Sign up online

HOT 26&2 with Sallie

Sunday, Jan. 29th
Time: 8:00 – 9:30 am
*Regular class rates

The Symphony of Serenity with Kennedy Oneself

A Sound Healing Event
Saturday, February 11th
Time: 6:00 pm
Cost: \$30



*see website for registration links and details