



SEPTEMBER SCHEDULE 2020

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 WALL & FLOOR YOGA *NEW
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
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 AERIAL YOGA (YOGA TRAPEZE)

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 MORE CORE
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
7:00 – 8:15 CANDLELIT RELIEF & RESORATIVE

Note: Class sizes will continue to be limited. Preregistration is required for all classes. Please respect social distancing and practice health & safety precautions. Masks are required at all times when not on the mat.
- The Yoga House Team



**Now twice a week!
Tuesdays and Fridays**

SPECIAL CLASSES

Wild Women Circle with Holly



When: Saturday, October 10th
&
Saturday, November 14th
Time: 2:00 - 5:00 pm
Cost: \$40 early bird; or \$45 within the week of circle.
*Food provided

Sound Bath Meditation with Diane

When: Sunday, Sept. 13th
Time: 5:30 – 6:30 pm



**ONLINE & LIVE VIRTUAL
CLASSES AVAILABLE!**

**CLOSED LABOR DAY
(Please check schedule
for available classes
Labor Day Weekend.)**