



SEPTEMBER SCHEDULE 2022

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

Lakeside Yoga with Denise

Monday, Sept. 5th
Time: 9:00 am
-FREE-

*weather permitting

*All other classes cancelled
Sign up online!

Yogic Healing Workshop with Diane and Francesca

Saturday, Sept. 10th
-SOLD OUT-

HOT 26/2 with Sallie

Sunday, September 25th
Time: 8:00 - 9:30 am
Cost: Reg. class rates

Reiki Healing with Cacao Ceremony Workshop with Special Guest & Diane

Saturday, Oct. 15th
Time: 2:00 – 4:30 pm
Cost: \$65
*small session
(12 person limit)



*see website for registration links and details

The Yoga House 505 Eichenfeld Dr. Ste. 106 Brandon, FL 33511 Phone: 813-763-2522

www.TheYogaHouseBrandon.com email: info@TheYogaHouseBrandon.com