



JANUARY 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 SONIC YIN
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 MORE CORE
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 WEIGHTLESS AERIAL YOGA (15TH 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

Please continue to practice health & safety precautions. Masks are welcomed at the individual's discretion.
- The Yoga House Team



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

Yoga 101-The Basics with Diane

When: Sat. Jan. 9th
Time: 2:00 – 4:00pm
Cost: \$25

NEW YOGA HOUSE BOOK CLUB with Theresa

When: Jan. 22nd
Time: 2:00 – 3:30 pm
Cost: \$10

The Yin Within with Marion

When: Sat. Jan 29th
Time: 2:00 – 4:00 pm
Cost: \$30 (before 1/22)
*RYTs earn 2 CEU's

HOT 26/2 with Sallie

When: Sunday, Jan. 30th
Time: 2:00 – 3:30 pm
Cost: Reg. class rate

Sound Bath Meditation with Diane

When: Sunday, Jan. 23rd
Time: 4:30 – 5:30 pm
Cost: Reg. class rates

New Year Schedule

December 31st - Flow Fusion
Time: 10:00 am
January 1st New Year's Day!
FREE Lakeside class



*see website for registration and details



