

# January Schedule

## Monday

5:30-6:15 am	Yoga 4 Definition (m)
9:30-10:30am	Balanced Flow (m)
12:00-1:00pm	Mindful Movement (m)
4:30-5:30 pm	Hot Fusion Yoga (m)
5:30-6:30 pm	Yin/Deep Stretch Yoga (s)
6:00-7:00 pm	Mindful Movement (m)
6:45 - 7:30 pm	Yoga Nidra (Tranquility Room)
7:30-8:30 pm	Flowing Strength (m)

## Tuesday

5:30-6:15 am	Rise & Shine Yoga (m)
9:30-10:30 am	Gentle Yoga (s)
9:30-10:30 am	Barre Yogilates (m)
12:00-1:00 pm	Inspirational Gentle Flow (m)
4:30-5:30 pm	Recharge & Relax (m)
5:45-6:45 pm	Barre Yogilates (m)
7:00-8:00 pm	Hot Yoga (m)
8:15-9:00 pm	Heated Deep Stretch (m)

## Wednesday

5:30-6:15 am	Strength & Stretch (m)
9:30-10:30 am	Mindful Movement (m)
12:00-1:00 pm	Balanced Flow (m)
4:30-5:30 pm	Flowing Strength (m)
6:00-7:00 pm	Core Restore (s)
6:00-7:00 pm	Mindful Movement (m)
7:15-8:15 pm	Relaxed Yin Flow (m)

## Thursday

5:30-6:30 am	Rise & Shine Yoga (m)
9:30-10:30 am	Mindful Movement (m)
12:00-1:00 pm	Yin Restorative (m)
4:30-5:30 pm	Mindful Movement (s)
5:45-6:45 pm	Heated Yoga Barre Fusion (m)
6:00-7:00 pm	Aerial Yoga: Non-Inversion Flow (s)
6:00 - 6:45 pm	Meditation (Tranquility Room)
7:00-8:00pm	Hot Yoga (m)
7:30-8:30 pm	Meditative Relax Flow (s)
8:15-9:00pm	Heated Deep Stretch (m)

## Friday

5:30-6:30am	Rise & Shine Yoga (m)
9:30-10:30 am	Core Restore (m)
12:00-1:00 pm	Restorative Flow (m)
4:30-5:30 pm	Hatha Yoga (s)
6:00-7:00 pm	Candlelit Restorative Yoga (m)

## Saturday

8:30-9:30 am	Gentle Rise & Shine (s)
8:45 - 9:45 am	Hot Yoga (m)
9:45-10:45 am	Aerial Yoga: Gentle Flow (s)
10:00-10:45 am	Meditation (Tranquility Room)
10:15-11:15 am	Flowing Strength (m)
11:00-12:00 pm	Aerial Yoga 4 T(w)eens
11:30-12:30 pm	Yoga 4 a Healthy Back (m)

## Sunday

8:30-9:30 am	Sizzling Strength (m)
9:45-10:45 am	Aerial Yoga: Deep Stretch (s)
9:45-10:45 am	Yoga Barre Fusion (m)
12:00-1:00 pm	Mindful Movement (m)
4:45-5:45 pm	Candlelight Flow (m)

(s) = Sun Studio (m) = Moon Studio

For full schedule, class descriptions, and rates visit

# DoYoga4you.com