



# WEEKLY CLASS SCHEDULE

JANUARY 2022

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**Vinyasa Flow  
Yoga**  
6:00-7:00pm  
Hillary

**Rookie Vinyasa  
Flow Yoga**  
5:45-6:45pm  
Jamie

**Vinyasa Flow  
Yoga**  
7:00-8:00pm  
Janeen

**Yin-Yasa Yoga**  
7:15-8:15pm  
Hillary

**Vinyasa Flow  
Yoga**  
6:00-7:00pm  
Jamie

**New-to-Yoga**  
7:15-8:15pm  
Steve

**Flow and  
Restore Yoga**  
5:45-6:45pm  
Cyndi

**Slow Flow Yoga**  
4:30-5:30pm  
Karen

**Vinyasa Flow  
Yoga**  
12:00-1:00pm  
Cyndi

**Vinyasa Flow  
Yoga**  
9:30-10:30am  
Jamie

**Restorative  
Yoga**  
4:30-5:30pm  
Janeen