

WEEKLY CLASS SCHEDULE

JANUARY 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Hot Vinyasa
Flow Yoga**
6:30-7:30am
Christina

**Hot Vinyasa
Flow Yoga**
9:00-10:00am
Shelley

**Hot Vinyasa
Flow Yoga**
9:00-10:00am
Sam

**Hot Vinyasa
Flow Yoga**
12:00-1:00pm
Steve

**Hot Vinyasa
Flow Yoga**
12:00-1:00pm
Holly

**Warm Rookie
Vinyasa Flow**
10:30-11:30am
Genevieve

**Restorative
Yoga**
3:00-4:00pm
Cyndi

**Hot Vinyasa
Flow Yoga**
4:30-5:30pm
Holly

Hot Power Yoga
4:30-5:30pm
Jessica

**Warm Rookie
Vinyasa Flow**
4:30-5:30pm
Christina

Hot Power Yoga
6:00-7:00pm
Jessica

**Hot Vinyasa
Flow Yoga**
6:00-7:00pm
Todd

**Hot Vinyasa
Flow Yoga**
6:00-7:00pm
Janeen

**Hot Vinyasa
Flow Yoga**
6:00-7:00pm
Shelley

Hot Power Yoga
6:00-7:00pm
Todd

**Warm
Candlelight
Vinyasa Flow**
6:00-7:00pm
Kellie

**Warm Rookie
Vinyasa Flow**
7:30-8:30pm
Janeen

**Warm Flow and
Restore Yoga**
7:30-8:30pm
Genevieve

**Warm
Yin-Yasa Yoga**
7:30-8:30pm
Kellie

**Warm Rookie
Vinyasa Flow**
7:30-8:30pm
Sam