





Holiday Yoga Class Schedule Dec. 23rd - Jan. 4th

We recommend bringing your own Yoga Mat to class - we do have a small amount available to rent if you forget yours. It is also highly recommended that you bring yoga blocks and a yoga strap to all Yin, Gentle and Hips & Hammies classes. Boxed classes are Pre-Natal friendly!

Monday	Tuesday	Wednesday	Thursday JAN 2nd	Friday	Saturday
Warm Hips & Hammies 9:00 - 10:00 Erin	Hot HIIT Yoga Bootcamp 6:15 - 7:15 Lana	 C H R I S T M A S D A Y / N E W Y E A R S D A Y	Essential Reformer (PR) 8:30 - 9:30 Monica	Essential Reformer (PR) 8:30 - 9:30 Monica	Kundalini Yoga 7:30 - 9:00 Erin
Essential Reformer (PR) 9:00 - 10:00 Monica	Essential Reformer (PR) 8:30-9:30 Monica		Hot Unlock your Hips 9:35 - 10:35 Monica	Warm Yin + Meditation 9:00 - 10:15 Angela	Hot Flow 9:00 - 10:00 Jackii
Gentle Yoga 10:00 - 11:30 Erin	Hot Core Fusion 9:30 - 10:30 Monica		Gentle Flow Yoga 10:30 - 11:30 Irene	Essential Reformer (PR) 9:30 - 10:30 Monica	Essential Reformer (PR) 9:15-10:15 Erin
Essential Reformer (PR) 10:00 - 11:00 Monica	Gentle Flow Yoga 10:30 - 11:30 Irene		Hot Pilates Flow 10:35 - 11:35 Monica	Gentle Yoga 10:00 - 11:30 Erin	Pilates Mat 10:00 - 11:00 Crystal
Warm Flow 10:05 - 11:05 Fatima	Warm Deep Stretch 10:35 - 11:35 Monica		Essential Reformer (PR) 11:40 -12:40 Monica	Hot Slow Flow 10:35 - 11:35 Monica	Warm Yin 10:05 - 11:05 Jackii
Hot Mat Pilates 11:15 - 12:15 Monica	Essential Reformer (PR) 11:40 - 12:40 Monica		Essential Reformer (PR) 12:45 - 1:45 Jeanette	Gentle Reformer (PR) 12:00 - 1:00 Erin	Barre 11:10 - 12:10 Crystal
Lite Essential Reformer (PR) 12:00 - 1:00 Erin			Warm Hips & Hammies 4:00-5:00 Erin	Pilates Reformer Basics (Open to newcomers) 1:00 - 2:00 Erin	Hot HIIT Yoga Boot Camp 11:15 - 12:15 Lana
Essential Reformer (PR) 4:30 - 5:30 Monica			Essential + Reformer (PR) 4:00 - 5:00 Monica	Community Yoga by donation 12:30- 1:30 Lana	
Essential+ Reformer (PR) 5:30 - 6:30 Monica			Hot Mat Pilates 5:00-6:00 Monica	Warm Chakra Yin 12:30 - 1:30 Fatima	
Hot Flow 5:15 - 6:15 Jackii			Essential Reformer (PR) 5:15- 6:15 Erin	Warm Yin 6:20 -7:20 Kim	
Warm Deep Stretch 6:25 - 7:25 Jackii		Community Yoga by donation 5:30-6:30 Jennifer			
Wall Pilates 6:35 - 7:35 Crystal		Warm Flow 6:10-7:10 Delaine			
Hot Candelit Flow 7:30-8:30 Georgia					

Stacking Stuffer Special
Power Week
 Unlimited classes Jan 6th - 11th
 Only \$40 if purchased by Dec.24

Closed
 Thurs.
 Dec 26th



New Years Open House
 Sat. Jan 4th 9:00am - 5:00pm
 Free Classes, Demos, Door Prizes & yummy snacks