

# class schedule

## **MONDAY**

- 730am Power(ful) Vinyasa
- 930am YinYasa
- 430pm Strengthen + Lengthen
- 6pm Strengthen + Lengthen
- 730pm Slow + Stretchy

## **TUESDAY**

- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Balanced Vitality

## **WEDNESDAY**

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Yoga For Seniors 55+ (FREE)
- 430pm Power(ful) Vinyasa
- 6pm Strengthen + Lengthen
- 730pm Yin Yoga

## **THURSDAY**

- 930am Balanced Vitality
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Balanced Vitality

## **FRIDAY**

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 6pm Yin Yoga

## **SATURDAY**

- 8am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio

## **SUNDAY**

- 930am Sunday Over Easy

**the woods yoga**

schedule effective 9/27/24, subject to change

