

# February 2018

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|--|--|--|---|---|
|  |   |  |  | <b>1</b><br>6:00-7:00am- Hot Morning Flow<br>5:30-6:30pm- Gentle Yoga w/ Tanya<br>7:30-9:00pm- Couples Thai Yoga(Register)   | <b>2</b><br>9:30am-10:30am- Hot Hatha<br>7:00pm-8:00pm<br>-Hot Power/Vinyasa Flow   | <b>3</b><br>9:30am-10:30am- Hot Hatha/Kundalini<br>6:15-7:30pm- Warm Beginners  |
| <b>4</b><br>10:30-11:45am- Gentle/Restorative          | <b>5</b><br>5:30-6:30pm- Warm Beginners Yoga<br>6:45-7:45- Banding w/ Janna<br>8-9:30pm- Hot Power/Vinyasa Flow | <b>6</b><br>6:00-7:00am-Hot Morning Flow<br>5:30- Pound<br>6:45-7:45pm- Beginners<br>8-9:00pm-Hot Slow Flow  | <b>7</b><br>5:30-Hot Hatha/Kundalini W/Mel<br>8-9pm- Hot Power/Vinyasa Flow  | <b>8</b><br>6:00-7:00am- Hot Morning Flow<br>5:30-6:30pm- Gentle Yoga w/ Tanya<br>7:30-9:00pm- Couples Thai Yoga(Register)   | <b>9</b><br>9:30am-10:30am- Hot Hatha<br>7:00pm-8:00pm<br>-Hot Power/Vinyasa Flow<br><b>8-9:30pm- Body &amp; Soul Mini Retreat Wkshp.</b> | <b>10</b><br>9:30am-10:30am- Hot Hatha/Kundalini<br><b>11-2pm- Body &amp; Soul Connection Wkshp.</b><br>6:15-7:30pm- Warm Beginners |
| <b>11</b><br>10:30-11:45am- Gentle/Restorative w/Tanya | <b>12</b><br>5:30-6:30pm- Warm Beginners Yoga<br>8-9:30pm- Hot Power/Vinyasa Flow                               | <b>13</b><br>6:00-7:00am-Hot Morning Flow<br>5:30- Pound<br>6:45-7:45pm- Beginners<br>8-9:00pm-Hot Slow Flow | <b>14</b><br>5:30-Hot Hatha/Kundalini W/Mel<br>8-9pm- Hot Power/Vinyasa Flow | <b>15</b><br>6:00-7:00am- Hot Morning Flow<br>5:30-6:30pm- Gentle Yoga w/ Tanya<br>7:30-9:00pm- Couples Thai Yoga (Register) | <b>16</b><br>9:30am-10:30am- Hot Hatha<br>7:00pm-8:00pm<br>-Hot Power/Vinyasa Flow  | <b>17</b><br>9:30am-10:30am- Hot Hatha/Kundalini<br>6:15-7:30pm- Warm Beginners   |
| <b>18</b><br>No Yoga This Week>                        | <b>19</b><br><b>NO YOGA THIS WEEK&gt;</b>   | <b>20</b><br>>   | <b>21</b><br>>   | <b>22</b><br>>   | <b>23</b><br>>  | <b>24</b><br>>  |
| <b>25</b>  | <b>26</b><br>Classes for March, April & May will be posted as soon as possible!                                 | <b>27</b>  | <b>28</b>  | Please let us know what you would like to see at the studio!!!   |   |   |

