

## January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Years Day No Classes	2 <b><u>CHALLENGE STARTS!</u></b> 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm-Hot Slow Flow	3 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow	4 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7-8pm- Beginners Alignment Yoga	5 9:30am-10:30am- Hot Hatha 7:00pm-8:00pm -Hot Power/Vinyasa Flow	6 9:30am-10:30am- Hot Hatha/Kundalini 6:15-7:30pm- Warm Beginners <b>CLEANSE GROUP&gt;1-2pm FREE</b>
7 10:30-11:45am- Gentle/Restorative <b>CLEANSE GROUP&gt; 1-2pm FREE</b>	8 5:30-6:30pm- Warm Beginners Yoga 6:45-7:45- Banding w/ Janna 8-9:30pm- Hot Power/Vinyasa Flow	9 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm-Hot Slow Flow	10 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow	11 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7-8pm- Beginners Alignment Yoga	12 9:30am-10:30am- Hot Hatha 7:00pm-8:00pm -Hot Power/Vinyasa Flow	13 9:30am-10:30am- Hot Hatha/Kundalini 6:15-7:30pm- Warm Beginners
14 10:30-11:45am- Gentle/Restorative w/ Tanya <b>7:00pm- Essential Oils Info Night</b>	15 5:30-6:30pm- Warm Beginners Yoga 8-9:30pm- Hot Power/Vinyasa Flow	16 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm- Hot Slow Flow	17 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow	18 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7-8pm- Beginners	19 9:30am-10:30am- Hot Hatha 7:00pm-8:00pm -Hot Power/Vinyasa Flow	20 9:30am-10:30am- Hot Hatha/Kundalini 6:15-7:30pm- Warm Beginners
21 10:30-11:45am- Gentle/Restorative	22 5:30-6:30pm- Warm Beginners Yoga 6:45-7:45- Banding w/ Janna 8-9:30pm- Hot Power/Vinyasa Flow	23 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm-Hot Slow Flow	24 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow	25 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7-8pm- Beginners Alignment Yoga	26 9:30am-10:30am- Hot Hatha 7:00pm-8:00pm -Hot Power/Vinyasa Flow	27 9:30am-10:30am- Hot Hatha/Kundalini 6:15-7:30pm- Warm Beginners
28 10:30-11:45am- Gentle/Restorative – w/Tanya	29 5:30-6:30pm- Warm Beginners Yoga 8-9:30pm- Hot Power/Vinyasa Flow	30 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm-Hot Slow Flow	31 <b><u>CHALLENGE ENDS!</u></b> 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow			

## February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7:30-9:00pm- Couples Thai Yoga	<b>2</b> 9:30am-10:30am- Hot Hatha  7:00pm-8:00pm -Hot Power/Vinyasa Flow	<b>3</b> 9:30am-10:30am- Hot Hatha/Kundalini 6:15-7:30pm- Warm Beginners
<b>4</b> 10:30-11:45am- Gentle/Restorative	<b>5</b> 5:30-6:30pm- Warm Beginners Yoga 6:45-7:45- Banding w/ Janna 8-9:30pm- Hot Power/Vinyasa Flow	<b>6</b> 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm-Hot Slow Flow	<b>7</b> 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow	<b>8</b> 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7:30-9:00pm- Couples Thai Yoga	<b>9</b> 9:30am-10:30am- Hot Hatha 7:00pm-8:00pm -Hot Power/Vinyasa Flow <b>8-9:30pm- Mindset Wksp</b>	<b>10</b> 9:30am-10:30am- Hot Hatha/Kundalini <b>11-2pm- Mind &amp; Body Connection Wksp./Retreat</b> 6:15-7:30pm- Warm Beginners
<b>11</b> 10:30-11:45am- Gentle/Restorative w/Tanya	<b>12</b> 5:30-6:30pm- Warm Beginners Yoga 8-9:30pm- Hot Power/Vinyasa Flow	<b>13</b> 6:00-7:00am-Hot Morning Flow 5:30- Pound 6:45-7:45pm- Beginners 8-9:00pm-Hot Slow Flow	<b>14</b> 5:30-Hot Hatha/Kundalini W/Mel 8-9pm- Hot Power/Vinyasa Flow	<b>15</b> 6:00-7:00am- Hot Morning Flow 5:30-6:30pm- Gentle Yoga w/ Tanya 7:30-9:00pm- Couples Thai Yoga	<b>16</b> 9:30am-10:30am- Hot Hatha  7:00pm-8:00pm -Hot Power/Vinyasa Flow	<b>17</b> 9:30am-10:30am- Hot Hatha/Kundalini  6:15-7:30pm- Warm Beginners
<b>18</b> No Yoga This Week>	<b>19</b> NO YOGA THIS WEEK>	<b>20</b> >	<b>21</b> >	<b>22</b> >	<b>23</b> >	<b>24</b> >
<b>25</b> >	<b>26</b> New Sessions Start	<b>27</b> Kids Yoga?	<b>28</b> Baby & Mommy Yoga?	Please let us know what you would like to see at the studio!!!		

6:45-7:45pm- Beginners

