

CLASS SCHEDULE

October-December

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM	Michelle - Power Yoga	Krista - Hatha Yoga	Shelley - Vinyasa Yoga	Annie - Hatha Yoga	Michelle - Power Yoga
5:00 PM	Julie - Hatha Yoga	Suheidi - Pilates	Shelley - Restore & Sound	Michelle - Hatha Yoga	SATURDAY 9:00 AM Vinyasa Yoga - Gwyn starting 10/12 Hatha Yoga - Julie starting 10/19 <i>(Classes will alternate every other weekend)</i>
6:00 PM	Julie - Relax & Restore	Suheidi - Vinyasa Yoga	Gwyn - Hatha Yoga	Michelle - Power Yoga	
7:00 PM	Suheidi - Pilates	Julie - Relax & Restore	Gwyn - Vinyasa Yoga	Michelle - Barre	SUNDAY 9:00 AM Julie - Hatha Yoga
PRIVATE OPEN STUDIO HOURS MONDAY-FRIDAY 6:00-9:00 AM, 11:00-4:30 PM					

Online registration required for all classes.

- Please create an account online and make sure you are logged in before signing up for a class.
- Online registration closes 1 hour prior to class.
- If you need to reschedule or cancel a class, please notify us via email at least 3 hours in advance.
- New Students: Get 1 month of unlimited yoga for \$99 or try out a single class for \$20
- No class on Halloween (evening only), Thanksgiving, December 24-26, New Year's Eve (evening only)

WORKSHOPS & EVENTS

October-December

Lymphatic Drainage Workshop

Friday, October 11th (6:00-8:00pm)

Restorative Yoga & Reiki Workshop

Friday, October 18th (7:00-8:30pm)

Halloween Blacklight Buti Yoga (80s Themed)

Friday, October 25th (7:00-8:30pm)

Sun Salutations Workshop

Saturday, November 2nd (1:00-3:00pm)

Restorative Yoga & Reiki Workshop

Friday, November 22nd (7:00-8:30pm)

Grounding in Gratitude Workshop

Sunday, December 1st (4:00-6:00pm)

Sip & Paint Night

Friday, December 13th (7:00-9:30pm)

Special Holiday Class with Julie

Sunday, December 22nd (9:00-10:30am)

Holiday Party for Members & Instructors

Sunday, December 29th (1:00-3:00pm)

The Studio's 4th Birthday Party! Open House!

Friday, January 3rd (5:30-9:30pm)