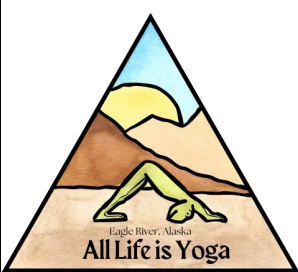


Sun	Mon	Tue	Wed	Thur	Fri	Sat
	<p>1</p> <p>CLOSED - HAPPY NEW YEAR - 2024</p>	<p>2</p> <p>7:30am - Tai Chi - S 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm:Gentle Yoga(VA) - JH 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>3</p> <p>5:30am - Hot Yoga - JH 8:15am: Hot Yoga - M 9:30am: Core Yoga - M 10:15am: YIN Yoga-M Private Classes</p>	<p>4</p> <p>9:15am - Circuit -M 10:30am: Simple Yoga-JH 5:30pm: Hot Yoga Flow-C 6:45pm: Belly Dancing w/Shawn 8:00pm: Bedtime Yoga-A</p>	<p>5</p> <p>5:30am: Hot Yoga-JH 9:15am: Active Yoga w/weights -Mary 10:30am:Gentle Yoga- TK NOON - Kids Yoga - M 5:15pm - HIIT - Nikki</p>	<p>6</p> <p>8:00am: Hot Yoga-M 9:15am: Gentle Yoga- D 10:30am: Slow & Controlled with Nikki</p>
<p>7</p> <p>8:00am:Grace-Yoga-R 9:15am: Pilates - K 10:30am: Restorative - TK 4:00pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-L</p>	<p>8</p> <p>5:30am: Hot Yoga-KS 8:30am: Meditation - M 9:15am: Hot Yoga - M 10:30am: Gentle Yoga-M Noon: Slow & Controlled - Nikki 7:45pm:Flow/Restore-A</p>	<p>9</p> <p>7:30am - Tai Chi - S 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm:Gentle Yoga(VA) - Jim 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga "Glutes & Guns"- KS</p>	<p>10</p> <p>5:30am - Hot Yoga - KS 8:15am: Hot Yoga - M 9:30am: Core Yoga - M 10:15am: YIN Yoga-M Private Classes</p>	<p>11</p> <p>9:15am - Circuit -M 10:30am: Simple Yoga-JH 5:30pm: Hot Yoga Flow-C 6:45pm: Belly Dancing w/Shawn 8:00pm: Bedtime Yoga-A</p>	<p>12</p> <p>5:30am: Hot Yoga-KS 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- M 4:00pm - Kids Yoga - L 5:15pm - HIIT - Nikki *7:00pm - Sound Bath (60 min) w/Chris - \$25</p>	<p>13</p> <p>8:00am: Hot Yoga-C 9:15am: Gentle Yoga- D 10:30am: Slow & Controlled with Nikki *10:30am - Yoga at OMR -\$25 PP w/Mary</p>
<p>14</p> <p>8:00am:Grace-Yoga-R 9:15am: Pilates - K 10:30am: Restorative - TK 4:00pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-Tia</p>	<p>15</p> <p>5:30am: Hot Yoga-KS 8:30am: Meditation - M 9:15am: Hot Yoga - M 10:30am: Gentle Yoga-M Noon: Slow & Controlled - Nikki 7:45pm:Flow/Restore-A</p>	<p>16</p> <p>7:30am - Tai Chi - S 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm:Gentle Yoga(VA) - Jim 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>17</p> <p>5:30am - Hot Yoga - Jim 8:15am: Hot Yoga - M 9:30am: Core Yoga - M 10:15am: YIN Yoga-M Private Classes</p>	<p>18</p> <p>9:15am - Circuit -KS 10:30am: Simple Yoga-JH 5:30pm: Hot Yoga Flow-C 6:45pm: Belly Dancing w/Shawn 8:00pm: Bedtime Yoga-A</p>	<p>19</p> <p>5:30am: Hot Yoga-Jim 9:15am: Active Yoga w/weights -KS 10:30am:Gentle Yoga- TK 4:00pm - Kids Yoga - M 5:15pm - HIIT - Nikki *6:30pm - Shoulder Workshop - Kristi - \$35</p>	<p>20</p> <p>8:00am: Hot Yoga-KS 9:15am: Gentle Yoga- D 10:30am: Slow & Controlled with Nikki</p>
<p>21</p> <p>8:00am:Grace-Yoga-R 9:15am: Pilates - K 10:30am: Restorative - A 4:00pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-Tia</p>	<p>22</p> <p>5:30am: Hot Yoga-KS 8:30am: Meditation - M 9:15am: Hot Yoga - M 10:30am: Gentle Yoga-M Noon: Slow & Controlled - Nikki 7:45pm:Flow/Restore-A</p>	<p>23</p> <p>7:30am - Tai Chi - S 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm:Gentle Yoga(VA) - Jim 5:30pm: Hot Yoga Flow-BD 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>24</p> <p>5:30am - Hot Yoga - Jim 8:15am: Hot Yoga - M 9:30am: Core Yoga - M 10:15am: YIN Yoga-M Private Classes</p>	<p>25</p> <p>9:15am - Circuit -M 10:30am: Simple Yoga-JH 5:30pm: Hot Yoga Flow-BD 6:45pm: Belly Dancing w/Shawn 8:00pm: Bedtime Yoga-A</p>	<p>26</p> <p>5:30am: Hot Yoga-Jim 9:15am: Active Yoga w/weights -Mary 10:30am:Gentle Yoga- TK 4:00pm: Kids Yoga - M 5:15pm: HIIT - Nikki 6:30pm:Plan Your Legacy w/attorney Blyss Cruz and Mary(FREE)</p>	<p>27</p> <p>8:00am: Hot Yoga-BD 9:15am: Gentle Yoga- D 10:30am: Slow & Controlled with Nikki</p>
<p>28</p> <p>8:00am:Grace-Yoga-R 9:15am: Pilates - K 10:30am: Restorative - TK *2:30pm - Sound Bath (90 min) w/Chris \$35 4:00pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-Tia</p>	<p>29</p> <p>5:30am: Hot Yoga-KS 8:30am: Meditation - M 9:15am: Hot Yoga - M 10:30am: Gentle Yoga-M Noon: Slow & Controlled - Nikki 7:45pm:Flow/Restore-A</p>	<p>30</p> <p>7:30am - Tai Chi - S 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm:Gentle Yoga(VA) - Jim 5:30pm: Hot Yoga Flow-BD 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>31</p> <p>5:30am - Hot Yoga - Jim 8:15am: Hot Yoga - M 9:30am: Core Yoga - M 10:15am: YIN Yoga-M Private Classes</p>	<p>April - A Brandy - B Caroline - C Sheila - SF Tia -TK Daniel - D Janet - JH Teresa - T Bailey - BD</p> <p>Kristi - K Mary - M Sarah - S Rick - R Erin - E Nikki -N Kate - KA Jim - JB</p>	<p>"Consistency is Key" Intentional-January www.alllifeisyoga.org 907-229-3384</p>	