

Sun

Mon

Tue

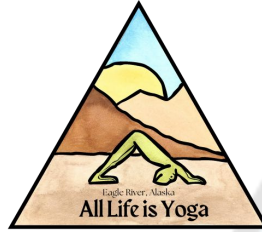
Wed

Thur

Fri

Sat

“Consistency is Key”  
Patience March  
www.alllifeisyoga.org  
907-229-3384



April - A Kristi - K  
Brandy - B Mary - M  
Caroline - C Sarah - S  
Sheila - SF Rick - R  
Tia -TK Erin - E  
Daniel - D Nikki -N  
Janet - JH Kate - KA  
Teresa- T Jim - JB  
Bailey - BD

1  
5:30am: Hot Yoga-Jim  
9:15am: Active Yoga  
w/weights -Mary  
10:30am:Gentle Yoga- T  
4:00- Kids Yoga - M  
  
5:15pm - HIIT - Nikki  
6:30pm: Diet Workshop  
w/Brandy \$25 PP

2  
8:00am: Hot Yoga- C  
9:15am: Gentle Yoga-R  
10:30am: Slow &  
Controlled with Nikki

3  
8:00am:Grace-Yoga-R  
9:15am: Pilates - K  
10:30am: Restorative - A  
  
4:00pm: Tai Chi- Sarah  
6:00pm: Hot Yoga Flow-C

4  
5:30am: Hot Yoga-CS  
8:30am: Meditation - M  
9:15am: Hot Yoga - M  
10:30am: Gentle Yoga-M  
Noon: Mix It Up - N  
  
7:45pm:Flow/Restore-  
Janet

5  
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

6  
5:30am: Hot Yoga - Jim  
  
8:15am: Hot Yoga - M  
9:45am: Balance Yoga - M  
10:15am: YIN Yoga-M  
  
6:45pm: Relax/Restore -A

7  
9:15am: Circuit -M  
10:30am: Simple Yoga-JH  
  
5:30pm: Hot Yoga Flow-C  
6:45pm: Belly Dancing  
w/Shawn  
8:00pm: Bujinkan - Rick

8  
5:30am: Hot Yoga-Jim  
9:15am: Active Yoga  
w/weights - Mary  
10:30am:Gentle Yoga- T  
11:45am: Kids Yoga - M  
5:15pm - HIIT - Nikki  
**\*7:00pm - Sound Bath  
(60 min) w/Chris - \$25**

9  
8:00am: Hot Yoga-BD  
9:15am: Gentle Yoga-R  
10:30am: Slow &  
Controlled with Nikki

10  
8:00am:Grace-Yoga-R  
9:15am: Core Class -  
Cindy  
10:30am: Restorative -  
Cindy  
**\*2:00pm: Lunar New  
Year Event w/Sarah**  
6:00pm: Hot Yoga Flow-C

11  
5:30am: Hot Yoga-CS  
8:30am: Meditation - M  
9:15am: Hot Yoga - M  
10:30am: Gentle Yoga-M  
Noon: Mix It Up - N  
  
7:45pm:Flow/Restore-  
Janet

12  
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

13  
5:30am: Hot Yoga - Jim  
  
8:15am: Hot Yoga - M  
9:45am: Balance Yoga - M  
10:15am: YIN Yoga-M  
Noon: Kids Yoga - M  
  
6:45pm: Relax/Restore -A

14  
9:15am - Circuit -M  
10:30am: Simple Yoga-JH  
  
5:30pm: Hot Yoga Flow-C  
6:45pm: Belly Dancing  
w/Shawn  
8:00pm: Bujinkan - Rick

15  
5:30am: Hot Yoga-Jim  
9:15am: Active Yoga  
w/weights -Mary  
10:30am:Gentle Yoga- T  
  
11:45am: Kids Yoga - M  
5:15pm - HIIT - Nikki

16  
8:00am: Hot Yoga-C  
9:15am: Gentle Yoga-R  
10:30am: Slow &  
Controlled with Nikki

17  
8:00am:Grace-Yoga-R  
9:15am: Pilates - K  
10:30am: Restorative - T  
  
4:00pm: Tai Chi- Sarah  
6:00pm: Hot Yoga Flow-C  
**HAPPY ST. Patrick's Day  
Wear your GREEN!**

18  
5:30am: Hot Yoga-CS  
8:30am: Meditation - M  
9:15am: Hot Yoga - M  
10:30am: Gentle Yoga-M  
Noon: Mix It Up - N  
  
7:45pm:Flow/Restore-  
Janet

19  
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

20  
5:30am: Hot Yoga - Jim  
  
8:15am: Hot Yoga - M  
9:45am: Balance Yoga - M  
10:15am: YIN Yoga-M  
  
6:45pm: Relax/Restore -A  
**SPRING EQUINOX**

21  
9:15am - Circuit -M  
10:30am: Simple Yoga-JH  
  
5:30pm: Hot Yoga Flow-C  
6:45pm: Belly Dancing  
w/Shawn  
8:00pm: Bujinkan - Rick

22  
5:30am: Hot Yoga-Jim  
9:15am: Active Yoga  
w/weights -  
10:30am:Gentle Yoga- T  
  
4:00pm - Kids Yoga - L  
NO HIIT - tonight

23  
8:00am: Hot Yoga-BD  
9:15am: Gentle Yoga-R  
10:30am: Pilates - K

24 | 31  
8:00am:Grace-Yoga-R  
9:15am: Pilates - K  
10:30am: Restorative - T  
**\*2:00pm - Sound Bath  
(90 min) w/Chris \$35**  
4:00pm: Tai Chi- Sarah  
6:00pm: Hot Yoga  
Flow-Tia  
**EASTER -CLOSED**

25  
5:30am: Hot Yoga-  
8:30am: Meditation - M  
9:15am: Hot Yoga - M  
10:30am: Gentle Yoga-M  
Noon: Mix It Up - M  
  
7:45pm:Flow/Restore-A

26  
7:30am - Tai Chi- S  
9:15am: Circuit - B  
10:30am: Simple Yoga-M  
4:00pm:Gentle Yoga(VA) -  
Jim  
5:30pm: Hot Yoga Flow-C  
7:30pm: Hot Yoga “Glutes  
& Guns”- Tia

27  
5:30am: Hot Yoga - Jim  
  
8:15am: Hot Yoga - Tia  
9:45am: Balance Yoga - T  
10:15am: YIN Yoga-T  
  
6:45pm: Relax/Restore -A

28  
9:15am - Circuit -  
10:30am: Simple Yoga-  
  
5:30pm: Hot Yoga Flow-C  
6:45pm: Belly Dancing  
w/Shawn  
8:00pm: Bujinkan - Rick

29  
5:30am: Hot Yoga-Jim  
9:15am: Active Yoga  
w/weights - Tia  
10:30am:Gentle Yoga- T  
  
4:00pm - Kids Yoga - L  
NO HIIT - tonight

30  
8:00am: Hot Yoga-BD  
9:15am: Gentle Yoga-R  
10:30am: Pilates - K  
**\*11:00am - Yoga at OMR  
w/Tia \$25PP**