

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>8:30am:Hot Yoga <sup>1</sup> Flourish &amp; Flow -CG 10:30am: Restorative: April Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - AH</p>	<p>5:30am: Hot Yoga-KA <sup>2</sup> 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-T 11:45am: Chair Yoga - Kim 4:30pm: Active Yoga - Erin 5:45pm: Slow/Controlled - N 7:00pm: Belly Dancing - SW</p>	<p>9:15am: Circuit - AH <sup>3</sup> 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga -Janet 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes &amp; Guns”- MR</p>	<p>5:30am - Hot Yoga -KA <sup>4</sup> 9:15am: Hot Yoga - KA 10:30am: YIN Yoga-T 4:15pm: Pilates - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A</p>	<p>9:15am - Circuit -KA <sup>5</sup> 10:30am: Simple Yoga-JH 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - KA 6:45pm:Tai Chi - S</p>	<p>5:30am: Hot Yoga-KA <sup>6</sup> 9:15am: Active Yoga w/weights -KA 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga -SW 5:30pm - Circuit - Nikki <b>7:00pm: Couple's Yoga-KA \$60 P/couple</b></p>	<p>8:00am: Hot Yoga- Tia 9:15am: Gentle Yoga- D 10:30am: Pilates - CD</p>
<p>8:30am:Hot Yoga <sup>8</sup> Flourish &amp; Flow -April 10:30am: Restorative: T Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - AH</p>	<p>5:30am: Hot Yoga-AM <sup>9</sup> 8:30am: Hot Yoga - AM 10:30am: Gentle Yoga-T 11:45am: Chair Yoga - Kim 4:30pm: Active Yoga - Erin 5:45pm: Slow/Controlled - N 7:00pm: Belly Dancing - SW</p>	<p>9:15am: Circuit - AH <sup>10</sup> 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga -AH 5:30pm: Hot Yoga Flow-JH 7:30pm: Hot Yoga “Glutes &amp; Guns”- Tia</p>	<p>5:30am - Hot Yoga -KA <sup>11</sup> 9:15am: Hot Yoga - KA 10:30am: YIN Yoga-T 4:15pm: Pilates - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A</p>	<p>9:15am - Circuit -KA <sup>12</sup> 10:30am: Simple Yoga-JH 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - KA 6:45pm:Tai Chi - S</p>	<p>5:30am: Hot Yoga-KA <sup>13</sup> 9:15am: Active Yoga w/weights -KA 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga -SW 5:30pm - Circuit - Nikki <b>7:15pm:Sound Bath - Chris (60 mins) \$25 PP</b></p>	<p>8:00am: Hot Yoga- Kate 9:15am: Gentle Yoga- D 10:30am: Pilates - CD <b>4:00pm: Love yourself-heart chakra - Slow Flow Yoga - April</b></p>
<p>8:30am:Hot Yoga <sup>15</sup> Flourish &amp; Flow -CG 10:30am: Restorative: T Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - L</p>	<p>5:30am: Hot Yoga-KA <sup>16</sup> 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-M 11:45am: Chair Yoga - M 4:30pm: Active Yoga - Erin 5:45pm: Slow/Controlled - N 7:00pm: Belly Dancing - SW</p>	<p>9:15am: Circuit - M <sup>17</sup> 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga -Janet 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes &amp; Guns”- MR</p>	<p>5:30am - Hot Yoga -KA <sup>18</sup> 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 4:15pm: Pilates - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A</p>	<p>9:15am - Circuit -KA <sup>19</sup> 10:30am: Simple Yoga-JH 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - C 6:45pm:Tai Chi - S</p>	<p>5:30am: Hot Yoga-KA <sup>20</sup> 9:15am: Active Yoga w/weights -KA 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga -SW 5:30pm - Circuit - Nikki</p>	<p>8:00am: Hot Yoga- Kate <sup>21</sup> 9:15am: Gentle Yoga- D 10:30am: Pilates - CD <b>11:30am - Yoga @ OMR-Mary- \$25PP</b></p>
<p>8:30am:Hot Yoga <sup>22</sup> Flourish &amp; Flow -CG 10:30am: Restorative: T Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - L</p>	<p>5:30am: Hot Yoga-KA <sup>23</sup> 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-M 11:45am: Chair Yoga - M 4:30pm: Active Yoga - Erin 5:45pm: Slow/Controlled - N 7:00pm: Belly Dancing - SW</p>	<p>9:15am: Circuit - M <sup>24</sup> 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga - Erin 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes &amp; Guns”- Tia</p>	<p>5:30am - Hot Yoga -KA <sup>25</sup> 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 4:15pm: Pilates - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A</p>	<p>9:15am - Circuit -KA <sup>26</sup> 10:30am: Simple Yoga-JH 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - C 6:45pm:Tai Chi - S</p>	<p>5:30am: Hot Yoga-KA <sup>27</sup> 9:15am: Active Yoga w/weights -KA 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga -SW 5:30pm - Circuit - Nikki</p>	<p>8:00am: Hot Yoga- Kate <sup>28</sup> 9:15am: Gentle Yoga- D 10:30am: Pilates - CD</p>

**#2 Habit Exercise/February**  
[www.alllifeisyoga.org](http://www.alllifeisyoga.org)  
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