

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

#2 Habit Exercise/February
www.alllifeisyoga.org
 907-229-3384

