


Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>January 2025 www.alllifeisyoga.org 907-229-3384</p>			<p>HAPPY NEW YEAR¹ Welcoming 2025</p> <p>9:15am: Hot Yoga-Mary 10:30am: Yin Yoga - M 6:30pm - Hot Yoga Flow w/Christie</p>	<p>2 9:15am - Circuit -M 10:30am: Simple Yoga-T 4:00pm: Warm Yoga - M 5:30pm: Hot Yoga Flow-C 6:45pm - Belly Dancing - Shawn</p>	<p>3 5:30am: Hot Yoga- M 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga-SW 5:30pm: Mix-It-Up - N</p>	<p>4 8:00am: Hot Yoga:M 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N</p>
<p>5 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-MR</p>	<p>6 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - KA 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>7 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia</p>	<p>8 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>9 9:15am - Circuit -M 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga Flow-C NO 6:45pm - Belly Dancing -Shawn</p>	<p>10 5:30am: Hot Yoga- KA 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- M 4:15pm: Kids Yoga-SW 5:30pm: Mix-It-Up - N 7:15pm: Sound Bath - Chris - \$25 PP</p>	<p>11 8:00am: Hot Yoga:JH 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N</p>
<p>12 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-MR</p>	<p>13 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - Tia 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>14 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia</p>	<p>15 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>16 9:15am - Circuit -M 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga Flow-C NO 6:45pm - Belly Dancing -Shawn</p>	<p>17 5:30am: Hot Yoga- KA 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga-SW 5:30pm: Mix-It-Up - N 6:45pm: Tai Chi - Fan Workshop - S (\$25PP)</p>	<p>18 8:00am: Hot Yoga:JH 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N</p>
<p>19 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah 4:00pm: Flow/Learn w/JH \$25 PP 6:00pm: Hot Yoga Flow-L</p>	<p>20 5:30am: Hot Yoga-KA 8:00am: Hot Yoga -KA 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>21 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia</p>	<p>22 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>23 9:15am - Circuit -KA 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga Flow-C 6:45pm - Belly Dancing - Shawn</p>	<p>24 5:30am: Hot Yoga- KA 9:15am: Active Yoga w/weights -KA 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga-SW 5:30pm: Mix-It-Up - N 7:00pm: Fierce Flow -A</p>	<p>25 8:00am: Hot Yoga:KA 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N</p>
<p>26 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah 2:00pm: Sound Bath - Chris - \$35 PP 6:00pm: Hot Yoga Flow-L</p>	<p>27 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - Tia 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>28 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia</p>	<p>29 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>30 9:15am - Circuit -M 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga Flow-C 6:45pm - Belly Dancing - Shawn</p>	<p>31 5:30am: Hot Yoga- KA 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga-SW 5:30pm: Mix-It-Up - N</p>	<p>April - A Samantha-SW Brandy - B Mary - M Caroline - C Sarah - S Tia -TK Rick - R Daniel - D Nikki -N Janet - JH Kate - KA Teresa- T Jim - JB</p>