

Sun

Mon

Tue

Wed

Thur

Fri

Sat

Foundational February
www.alllifeisyoga.org
 907-229-3384

April - A Kristi - K
 Brandy - B Mary - M
 Caroline - C Sarah - S
 Rick - R
 Tia -TK
 Daniel - D Nikki -N
 Janet - JH Kate - KS
 Teresa- T Jim - JB

1
 8:00am: Hot Yoga:Tia
 9:15am: Gentle Yoga-D
 10:30am: Slow&
 Controlled-N

<p>2 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - A 12:15pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-Megan</p>	<p>3 5:30am: Hot Yoga-MR 8:00am: Hot Yoga - Tia 9:15am: Warm Yoga - Tia 10:30am: Gentle Yoga-T Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>4 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-Tia 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>5 5:30am - Hot Yoga -MR 9:15am: Hot Yoga - Tia 10:30am: YIN Yoga-T 7:00pm:Relax/Restore -A</p>	<p>6 9:15am - Circuit - 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - Tia 5:30pm: Hot Yoga - Tia NO 6:45pm - Belly Dancing -Shawn</p>	<p>7 5:30am: Hot Yoga- MR 9:15am: Active Yoga w/weights -Tia 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga-SW 5:30pm: Mix-It-Up - N 7:30pm: Hot Yoga - MR</p>	<p>8 8:00am: Hot Yoga:Janet 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N</p>
<p>9 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah SuperBowl 6:00pm: Hot Yoga Flow-Logan</p>	<p>10 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>11 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-KA 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>12 FULL MOON 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>13 9:15am - Circuit -M 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga -KA 6:45pm - Belly Dancing -Shawn</p>	<p>14 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 7:15pm: Sound Bath (60mins) \$25PP - Chris</p>	<p>15 8:00am: Hot Yoga:Mary 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N</p>
<p>16 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah 6:00pm: Hot Yoga Flow-Christie</p>	<p>17 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - M 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>18 9:15am: Circuit - B 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-KA 7:30pm: Hot Yoga "Glutes & Guns"- Tia</p>	<p>19 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>20 9:15am - Circuit -M 10:30am: Simple Yoga-JH 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga- Tia 6:45pm - Belly Dancing -Shawn*</p>	<p>21 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 - Sarah - \$25</p>	<p>22 8:00am: Hot Yoga:Kate 9:15am: Gentle Yoga-D 10:30am: Slow& Controlled-N 7:30pm -Yin Yoga - CG</p>
<p>23 8:30am:Hot Yoga Cleanse-Rick 10:30am: Restorative - T 12:15pm: Tai Chi- Sarah 2:00pm: Sound Bath (90mins) \$35 PP 6:00pm: Hot Yoga Flow-Megan</p>	<p>24 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - M 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M Noon - Tai Chi - S 7:45pm:Flow/Restore-JH</p>	<p>25 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>26 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 7:00pm:Relax/Restore -A</p>	<p>27 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>28 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 7:00pm - Couples Yoga-\$60 PCouple (Kate)</p>	 <p>ALL LIFE IS YOGA</p>