

THE WOODS YOGA

winter class schedule

Schedule is subject to change. It is always recommended to check the app or website before attending any class in case of last minute cancelations.

mon	730-830am	Power(ful) Vinyasa
	930-1045am	YinYasa
	430-530pm	Strengthen + Lengthen
	6-715pm	Strengthen + Lengthen
	730-830pm	Gentle Yoga + Guided Meditation
tue	930-1045am	Strengthen + Lengthen
	11am-12pm	Kettlebell Cardio
	5-6pm	Power(ful) Vinyasa
	630-745pm	Slow + Stretchy
wed	730-830am	Power(ful) Vinyasa
	930-1045am	Strengthen + Lengthen
	11-12pm	Yoga For Seniors (FREE)
	430-530pm	Power(ful) Vinyasa
	6-715pm	Strengthen + Lengthen
	730-830pm	Yin Yoga
thu	6-7am	Strengthen + Lengthen
	930-1045am	Power(ful) Vinyasa
	11-12pm	Kettlebell Cardio
	5-6pm	Strengthen + Lengthen
	630-745pm	Slow + Stretchy
fri	730-830am	Power(ful) Vinyasa
	930-1045am	Strengthen + Lengthen
	430-6pm	Yin Yoga
sat	8-9am	Power(ful) Vinyasa
	930-1045am	Strengthen + Lengthen
	11-12pm	Kettlebell Cardio
	2 OR 4pm	\$5 YTT Grads Series
sun	8-9am	Strengthen + Lengthen
	930-11am	Sunday Over Easy
	5-6pm	Twinklelight Slow + Stretchy \$12 Community Class