

class schedule

MONDAY

- 730am Power(ful) Vinyasa
- 930am YinYasa
- 430pm Strengthen + Lengthen
- 6pm Strengthen + Lengthen
- 730pm Slow + Stretchy

TUESDAY

- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Balanced Vitality

WEDNESDAY

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Yoga For Seniors 55+ (FREE)
- 430pm Power(ful) Vinyasa
- 6pm Strengthen + Lengthen
- 730pm Yin Yoga

THURSDAY

- 930am Balanced Vitality
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Balanced Vitality

FRIDAY

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 6pm Yin Yoga

SATURDAY

- 8am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio

SUNDAY

- 930am Sunday Over Easy
- 430pm Yin Yoga (starting Jan 19, 2025)

the woods yoga

schedule effective 1/9/25 + subject to change



studio tips + etiquette

schedule effective 1/9/25 + subject to change

In the event of a class cancelation, website will be updated as soon as possible, please check website before class for any last minute changes

All classes are designed for all-levels, come exactly as you are and modify however you need

Kindly register for class in advance

Please arrive 10 - 15 minutes before class

Doors open 15 minutes before class starts

Late arrivals may not be permitted

Please check-in at front desk

Shoes, phones + bags are not allowed in yoga room

Bring your own yoga mat or borrow one of ours

Blocks and yoga straps are available to borrow

We sell bottled water and offer free refills

Most classes heated 85 degrees

If you do not feel well, please do not come to class

Unattended children are not permitted

See website for full class descriptions

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